

Wilderness EMS Institute
Personal Wilderness Medical Kit List
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Comments to:
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Minimum Kit

Prescription-only items are noted by Rx

Number/amount Item and size/strength

Pain Meds

- #20: ibuprofen 200 mg tablets (e.g., *Advil*®, *Nuprin*®, *Motrin*®)
- Rx #25: acetaminophen with hydrocodone tablets (e.g., *Vicodin*®, *Lortabs*®, *Anexsia*®: 500 mg acetaminophen, 5 mg hydrocodone)

Allergy

- Rx #1: injectable epinephrine anaphylaxis kit (*Epi-Pen*®) (may omit if have advanced module with injectable epinephrine)
- Rx #1: albuterol Rotocap™ inhaler
- Rx #4: Rotocap™ albuterol capsules for above
- #6: diphenhydramine 25 mg tablets (e.g., *Benadryl*®)
- Rx #20: prednisone 10 mg tablets

GI

- #12: 2 mg. loperamide tablets (e.g., *Imodium*®)
- Rx #10: prochlorperazine tablets 10 mg. (e.g., *Compazine*®)
- #4: 25 mg. chewable meclizine tablets (e.g., *Bonine*®)
- Rx #4: *Trans-Derm/Scop*® transdermal scopolamine patches

Stings and Bites

- 1: Sawyer Extractor™ Kit
- #1: 15 cc bottle *Sting-Eeze*® solution

Cardiac

- #30: aspirin tablets, 325 mg (5 gr.)
- Rx #6: nifedipine 10 mg capsules (e.g., *Procardia*®, *Adalat*®)

Antibiotics Etc.

- Rx #24: erythromycin tablets 250 mg.
- Rx #12: ciprofloxacin (e.g., *Cipro*®) 250 mg. tablets
- #3: 1 g foil packets bacitracin or povadone-iodine ointment
- #1: 30 cc bottle mild liquid soap, e.g., *Hibiclens*®, or, a small piece of solid soap (to save weight)
- 1: 15 cc bottle povadone-iodine solution (e.g., *Betadine*®)

Thermometer

- 1: Becton-Dickinson digital thermometer (may substitute Radio Shack™ or similar continuous-reading digital thermometer)
- 1: spare battery for above
- 10: thermometer covers for above

Misc.

- #4: thiamine (vitamin B-1) 300 mg. tablets
- Rx #4: haloperidol 5 mg. tablets (e.g., *Haldol*®)
- #2: packets *Gatorade*® or *ERG*® powder, each to make 1/2 liter
- 2 pr: exam gloves
- 1: CPR shield
- 1: 1" (by at least 10 yards) waterproof adhesive tape
- 3: small prepackaged units of tincture of benzoin
- 1: 3" by 5 yards (stretched) elastic bandage (e.g., *Ace*®, *Coban*®, *Vet-Wrap*®)
- 1: 3" by 5 yards (stretched) conforming roller gauze (e.g., *Kling*®)
- 8: medium-size (e.g., 3" x 3") gauze pads
- 1: OB-type compressed vaginal tampon
- 3: #11 scalpel blades, sterile
- 1: string for ring removal
- 1: paper clip, medium size
- 1: nylon zipper bag or equivalent for MEDKIT
- 1: waterproof contents/
protocols/standing orders
- 5: one-pint freezer-style zip lock plastic bags (if not available elsewhere in SAR pack)

†An annotated version is available; it contains a section on Principles and many explanatory footnotes.

Advanced Kit

Number/amount	Item and size/strength
□ Rx 2:	ketorolac tromethamine 60 mg. injection (e.g., <i>Toradol</i> ®)
□ Rx 2:	morphine sulfate 10 mg. injection
□ Rx 2:	naloxone 2 mg. injection (e.g., <i>Narcan</i> ®)
□ Rx 1:	ceftriaxone 2 g injection and sterile water for reconstitution (e.g., <i>Rocephin</i> ®)
□ Rx 2:	epinephrine 1 cc 1:1000 injection: substitutes for Epi-Pen in basic kit
□ Rx 2:	diphenhydramine 50 mg/1cc injection (e.g. <i>Benadryl</i> ®)
□ Rx 2:	prochlorperazine injection 10 mg/2cc (e.g., <i>Compazine</i> ®)
□ Rx 2:	haloperidol 5mg/1cc injection (e.g., <i>Haldol</i> ®)
□ Rx 2:	dexamethasone 100mg/10cc injection (e.g., <i>Decadron</i> ®)
□ 6:	alcohol prep pads, in foil
□ 1:	Tubex™ injector
□ Rx 2:	1 cc syringes
□ Rx 2:	3 cc syringes
□ Rx 2:	IM needles
□ Rx 2:	SQ needles
□ Rx 2:	18 ga over-the-needle IV catheters
□ Rx 1:	6.5 mm endotracheal tube

Search Kit

Number/amount	Item and size/strength
Pain Meds Etc. -----	
□ #30:	acetaminophen tablets, 325 mg (e.g., <i>Tylenol</i> ®)
□ Rx #4:	cyclobenzaprine 10 mg. tablets (e.g., <i>Flexeril</i> ®)
□ Rx #4:	phenazopyridine hydrochloride 200 mg. tablets (e.g., <i>Pyridium</i> ®)
Cough, Cold, Allergy Etc. -----	
□ #1:	3 cc squeeze bottle oxymetazoline nasal spray (e.g., <i>Afrin</i> ®)
□ #8:	12-hour sustained-release pseudoephedrine tablets 120 mg. (e.g., <i>Sudafed</i> ®)
□ #8:	12-hour sustained-release chlorpheniramine tablets 8 mg. (e.g., <i>Chlor-Trimeton</i> ®)
□ #8:	dextromethorphan-containing cough drops (e.g., <i>Hold</i> ®)

Eye -----	
□ Rx #1:	1 cc dropper tube tetracaine ophthalmic solution
□ #3:	fluorescein strips
□ Rx #1:	3.5 g tube polymyxin/bacitracin (e.g., <i>Polysporin</i> ®) or bacitracin ophthalmic ointment
□ Rx 1:	2 cc dropper bottle cyclopentolate ophthalmic solution 0.5% or 1% (e.g., <i>Cyclogyl</i> ®)

GI -----	
□ #12:	antacid tablets
□ #4:	bisacodyl tablets 5 mg. (e.g., <i>Dulcolax</i> ®)
□ #12:	bismuth subsalicylate tablets (e.g., <i>Pepto-Bismol</i> ®)

Allergy -----	
□ Rx #1:	15 g tube fluocinolone acetonide cream 0.2% or similar high-strength steroid cream or lotion (e.g., <i>Valisone</i> ®, <i>Benisone</i> ®, <i>Lidex</i> ®, <i>Kenalog</i> ®, <i>Aristocort</i> ®, <i>Uticort</i> ®, <i>Synalar</i> ®)
□ Rx 1:	1 oz. tube <i>Pramosone</i> ® 1% Cream

Altitude Etc. -----	
□ Rx #6:	acetazolamide 250 mg tablets (e.g., <i>Diamox</i> ®)

Misc. -----	
□ #1:	15 g tube miconazole nitrate cream 2% (e.g., <i>Micatin</i> ®, <i>Monistat</i> ®)
□ 1:	pr. small sharp scissors (not necessary if available on WEMT's pocket knife)
□ 1:	pr. fine-point splinter forceps (not necessary if available on WEMT's pocket knife)
□ 1:	SamSplint™ or equivalent flexible splint
□ 4:	3" x 4" pieces of moleskin
□ 10:	small adhesive bandages (e.g., 1" x 3" <i>Band-aids</i> ™, <i>Coverlet</i> ™)
□ 3:	small pieces of clear adherent dressing (e.g., <i>Tegaderm</i> ™, <i>OpSite</i> ™)
□ 5:	medium-size "suture strips"
□ 6:	sterile cotton applicators (" <i>Q-tips</i> "®)