

Crew First Aid Kit

First aid providers should be knowledgeable in recognizing and treating the most common injuries and illnesses treated at the Philmont Health Lodge:

- Sprains (knee or ankle)
- Sore throat
- Abrasions/laceration

- Upset stomach
- Upper respiratory infections
- Hypertension (high blood pressure)

Recommended items for the crew first aid kit:

- Band-aids (assorted sizes)
- Moleskin/Molefoam/Spyroflex (*Spyroflex works very well*)
- Gauze pads 3" x 3"
- Second Skin
- Adhesive tape 1" x 5 yd.
- Antihistamine (Benadryl)
- 4" Elastic bandage (*take several Ace bandages*)
- Cold caplets
- Disposable alcohol wipes
- Small bar soap
- Sunscreen lotion (25 SPF or above)
- Ana-Kit (if needed)
- Antibiotic ointment (Mycitracin, Terramycin, polysporin)
- Triangular Bandage
- Steroid cream (Hydrocortison, Cortaid, Lanacort)
- Oval eye patch
- Insect repellent (containing DEET)
- Tweezers
- Acetaminophen (Tylenol or Panadol)
- Needle
- Ibuprofen tablets
- Scissors
- Antacids (Maalox, Tums, Roloids)
- Safety Pins
- Foot powder
- Side cutters
- Latex gloves
- Chemical ice packs
- Chapstick
- Thermometer
- Barrier device for resuscitation
- Diarrhea medication (*Imodium*)
- Throat lozenges
- Saline Solution nose spray