

Hiking Club Medical Kits

Each hike level has a medical kit that is to be carried by the hike leader or designee. The following items can be found in each pack. Items that are used should be replaced.

Master Medical Kits

- **First Aid Reference Sheet**
- **Sam splint**
- **Triangular bandage**
- **Quik clot trauma pak**
- **2 Ace wraps (4 and 5 inch)**
- **Soft gauze cotton roll**
- **Large non-stick bandaids (6)**
- **Smaller bandaids**
- **Gauze pads 4X4**
- **Alcohol wipes (10)**
- **Adhesive tape 1 inch**
- **Q-tips**
- **Gloves (4)**
- **Blunt tip scissors**
- **Ibuprofen 200 mg. (10)**
- **Benadryl 25 mg. (antihistamine) (8)**
- **Neosporin antibiotic cream**
- **Hydrocortisone cream**
- **Saline for irrigation**
- **Cooling pack**
- **Ice packs**
- **Wash cloth for padding/cleaning**
- **Trash bag**

02/17