

# FIRST AID CHECKLIST FOR KAYAKERS

These are suggested lists. You may elect to carry more or less.

## Basic Kit – a small personal kit for day paddles

- First aid manual
- Tweezers, needle and safety pins
- Adhesive bandages (Band-aids)
- Gauze pads
- Medical tape
- Non-stick sterile pads
- Butterfly bandages
- Antiseptic wipes
- Antibacterial ointment (Polysporin)
- Tincture of Benzoate (bandage adhesive)
- Ibuprofen – or other pain relief medication
- Aspirin – immediately take for a heart attack
- Antacid tables
- Personal medications: antibiotics, anti-histamine or EpiPen for allergic reactions.  
NOTE: These are for personal use only with a doctor’s prescription. Do not give them to other people.
- Personal safety barrier items: Nitrile based gloves, safety eye glasses, and a pocket mask for airway assistance
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## Comprehensive Kit - large group kit on extended day trips. All Basic Kit items plus:

- Assorted field dressings and absorbent pads
- Triangular bandage
- Elastic “tensor” roll
- Rolled gauze
- Sunburn relief (i.e., aloe vera gel)
- Loperamide tables (e.g. Imodium; for diarrhea symptoms)
- Lubricating eye drops
- Aluminum or “Sam” splint
- Finger splints
- Paramedic scissors
- Multi-tool or Swiss Army knife
- Oral thermometer
- Low-read thermos meter (hypothermia)
- Hand sanitizer
- Magnifying glass
- Emergency heat reflective blanket
- Cold and hot packs
- SKABC First Aid Report form
- Small notepad with waterproof pencil
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