

# Emergency Gear Checklist

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Maintaining an effective emergency and first aid kit is vital to you and your group's safety. The items listed here are only suggestions—you need to decide what you should bring based on the trip, the required gear, the group, etc. Carrying all of the following items would be typical of a leader. As a participant, you can save a little weight by bringing a smaller personal emergency kit with a few items you are likely to need. *However, if there is something you are likely to need, do not rely on a leader to have it!*

First aid and repair kits should be kept in waterproof containers, and you may want to put some items in plastic bags inside the kit. Replace any items that you use. *Also, be sure you know what to do with anything you bring—the world's best emergency kit is useless without adequate training!*

## First Aid Kit

Replace any items that you still have after their expiration date. Note that sterile products are no longer sterile if their package is torn or gets wet.

- \_\_\_ **Band-Aids:** for minor cuts and scrapes.
- \_\_\_ **Butterfly bandages:** used to pull together edges of a gaping cut when sutures aren't available.
- \_\_\_ **Sterile gauze pads:** used for cleaning and bandaging cuts and scrapes.
- \_\_\_ **'Battle' dressing or sanitary napkin:** makes an excellent trauma dressing. Also good for profusely bleeding wounds.
- \_\_\_ **Nonadherent dressings:** for minor cuts and scrapes.
- \_\_\_ **Roller gauze:** to bandage larger wounds.
- \_\_\_ **Cloth first aid tape:** used with nonadherent dressings.
- \_\_\_ **Triangular bandages:** many uses in bandaging and splinting. Bring as many of these disguised as bandannas as you can.
- \_\_\_ **Moleskin/molefoam:** for blisters. Bring more than enough for you and a friend.
- \_\_\_ **Povidone-iodine pads:** for cleaning an injury. Antigermsicidal. Use to clean your hands before dressing the injury, if possible.
- \_\_\_ **Alcohol pads:** for sterilization. Also good for removing Band-Aid or tape adhesive from skin.
- \_\_\_ **Aspirin/acetaminophen:** Oh, those aching knees!
- \_\_\_ **Elastic ("Ace") bandage:** may be used to tape sprains. Sports tape provides more support. Learn how to tape the joint first.
- \_\_\_ **Chemical heat pack:** to warm cold hands or feet.
- \_\_\_ **Paper or first aid report form:** one to keep track of the victim's condition, another to send to the rescue party with information about the accident.
- \_\_\_ **Pencil:** for keeping a report of what happened, writing directions for a rescue party to follow, etc. Pens may freeze.

- \_\_\_ **Coins for phone calls:** Always bring an assortment and plenty. Some phones are 25¢.
- \_\_\_ **Bandage scissors:** almost always cleaner and usually easier to use than a penknife.
- \_\_\_ **Large safety pins:** multiple uses; six-inch long pins may be used with clothing to improvise a stretcher.
- \_\_\_ **Personal medications:** any you take regularly and any you might need to take during the trip.
- \_\_\_ **Foam pad, space blanket:** to insulate the victim from the ground and to keep him or her warm.

## Repair Gear

Include manufacturer's instructions, if necessary.

- \_\_\_ **Duct tape:** has 1001 uses, will only stick well on dry surfaces or plastic packing tape with fiber.
- \_\_\_ **Spare screws, bolts, nuts** for your equipment, such as crampons, some ice axes, snowshoes, frame packs
- \_\_\_ **Screwdriver handle:** with interchangeable bits to fit your gear
- \_\_\_ **Small pliers:** long-nose Vise-Grip is very versatile
- \_\_\_ **Roll of picture hanger wire**
- \_\_\_ **Stove tools and parts:** practice with them at home first.
- \_\_\_ **Heavy duty sewing kit or awl:** for tent and pack repairs. Tough enough to sew webbing and Cordura.
- \_\_\_ **Large safety pins**
- \_\_\_ **Nylon patch tape**
- \_\_\_ **S.S. hose clamps:** varied sizes to fit gear
- \_\_\_ **Light nylon cord**
- \_\_\_ **Small metal file:** to sharpen crampons or ice axes
- \_\_\_ **Extra nylon straps with buckles**
- \_\_\_ **Pocket knife**
- \_\_\_ **Pieces of sheet metal**

## Group Gear

Items that should be brought by a leader. He or she may spread the weight around the group to carry.

- \_\_\_ **Tent, tarp, or Zarsky sack** for emergency shelter
- \_\_\_ **Stove and pot** to make hot water
- \_\_\_ **Sleeping bag and insulated pad**
- \_\_\_ **Thermos with hot beverage** (optional)
- \_\_\_ **Group first aid and repair kits**

## Personal Emergency Gear

Items that every participant should have.

- \_\_\_ **Map and compass.** Know where you are!
- \_\_\_ **Whistle.** Yelling does not work well.
- \_\_\_ **Extra food, water, and clothes.**
- \_\_\_ **Personal first aid and repair kits.**
- \_\_\_ **Flashlight or headlamp.** With spare batteries and bulbs.