

Emergency Gear Checklist

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 and practice!

First Aid Kit

Replace any items whose expiration date has passed. Sterile products are no longer sterile if the package is torn or gets wet.

- ◆ **Disposable Latex Gloves** for infection/AIDS precautions.
- ◆ **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 for ice ax and crampon wounds, etc.
- ◆ **Nonstick Dressings:** for minor cuts and scrapes.
- ◆ **Roller Gauze:** to bandage larger wounds.
- ◆ **Cloth First-Aid Tape:** many uses
- ◆ **Triangular Bandages:** many uses in bandaging and splinting. Bring as many of these disguised as bandannas as you can.
- ◆ **Moleskin, Molefoam, Compeed:** for blisters. Bring more than enough for you and a friend.
- ◆ **Povidone Iodine Pads:** for cleaning an injury. Germicidal. Use to clean your hands before dressing the injury, if possible. Pads can be thawed quickly in a pocket while liquid will freeze.
- ◆ **Alcohol Pads:** for sterilization. Also good for removing Band-Aid or tape adhesive from skin.
- ◆ **Aspirin/Acetaminophen/Ibuprofen**
- ◆ **Elastic ("Ace") Bandage or athletic tape:** 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. Don't place directly on skin; wrap in cloth first.
- ◆ **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.
- ◆ **Bandage Scissors:** almost always cleaner and usually easier to use than a penknife.
- ◆ **Safety Pins.**
- ◆ **Personal Medications:** any that you take regularly and any you might need to take during the trip. Label them.
- ◆ **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 use 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. Tiny tube of oil for pump seal is helpful.
- ◆ **Heavy duty sewing kit or awl** Tough enough to sew webbing or Cordura.
- ◆ **Large safety pins**
- ◆ **Nylon patch tape**
- ◆ **Light nylon cord**
- ◆ **Small metal file:** to sharpen crampons or axes.
- ◆ **Extra nylon straps** with buckles
- ◆ **Pocket knife**
- ◆ **Pieces of sheet metal** for repairing skis
- ◆ **Electronics cable ties** attach quickly, though they get brittle in extreme cold

Group Gear for day trips

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

- ◆ **Tent, tarp, or Zdarsky sack** for emergency shelter.
- ◆ **Shovels** for many purposes
- ◆ **Stove and pot** to make hot water.
- ◆ **Sleeping bag and insulating 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. Metal not a good choice.
- ◆ **Extra food, water, and clothes.**
- ◆ **Personal first aid and repair kits.**
- ◆ **Flashlight or headlamp.** With spare batteries and bulbs. Alkaline or lithium is best.
- ◆ **Coins for Phone Calls:** All phones are at least 25-50¢. Bring extra. Some phones require an initial deposit even to dial the Operator, 911 or a toll-free call. Have a card with emergency phone numbers.
- ◆ **Bivy bag and space blanket:** the basics of a personal shelter