

California State University, Northridge  
 Safety Operational Protocols for Staff and Programs in Outdoor Recreation  
 Department of Recreation & Tourism Management  
 Outdoor Adventures of Associated Students

**Instructor's Backcountry First Aid & Emergency Field Kit**

**Contents CHECKLIST (Minimum)**

<b>ITEM</b>	<b>QUANTITY/SIZE</b>
Belt-style pack or clip pack	1
Band-aids	10 (3/4-1")
Steri-pads, gauze	6-2 ea: 2" x 2", 3" x 3", 4" x 4"
Roller gauze/Kerlix	1 roll (2" x 5 yds)
Adhesive Tapes	1
Steri-strip closures	1 set
Elastic bandage	1 (3")
Moleskin	2 (4" x 4")
Sterile blade	1
Thermometer (oral)	1
Needle	1
Tweezers	1
Bandage scissors	1
Safety pins	4 (2 large)
Aspirin/Tylenol	6-10 ea
Antacid	6 tablets
Antihistamine-(Benadryl)	12 ( 25 mg) tablets
Rhuli gel or Substitute	3 oz tube
Neosporin	1 oz tube
Cortizone cream	1 oz tube
Betadine preps	4
Green soap pads	4
Iodine Tablets	1 bottle
Eyewash (sterile saline)	4 oz bottle
Blistex	1 oz tube
Sunblock	1-3 oz tube
Space blanket (foil)	1
Bic Lighter	1
Matches (waterproof)	20 (in waterproof container)
Tampons & mini pads	2 + 2
The following in kit or instructor pac	
First Aid Log & pencil	1 ea. (small)
Student Health Histories/Releases	1 per student & staff
Emergency Procedures Checklist	2
Current "Emergency Call Guide"	2
"Accident/Injury Report" Forms	2
"Runner's Checklist"	2