

Recommendations For First Aid Kit

Use one central location to store all medications and first aid supplies. A plastic box or light nylon bag are good choices.

<u>Health Problem</u>	<u>Suggested Item</u>
Athlete's Foot	Antifungal cream or powder (Micotin [®] , Lotrimin [®])
Blisters	Adhesive kit
Cuts/Scrapes	Topical antibiotic ointment (Polysporin [®] , Neosporin [®]), Band-Aids [®] , gauze pads, roll tape
Diarrhea	Pepto Bismol [®] (tablets) or loperamide (Imodium [®]), antibiotics (prescription), powdered electrolyte solution (oral rehydration solution, Exceed)
Eyes	Artificial tears, contact solution if needed, eyeglasses, sunglasses
General Supplies	Tweezers, pocketknife, needle and thread, safety pins, matches
Fever/Headache, Minor Pains	Ibuprofen or acetaminophen
Fluid Replacement	Oral rehydration solution, Exceed
Insect Spray	<i>Skin:</i> DEET-containing product (Ultrathon Insect Repellent, 3M Insect Repellents, Biotek Long-Acting Repellent, Avon Skin So Soft [®] - minimal protection); <i>Clothing Only:</i> Permanone Tick Repellent [®]
Itching	Prame gel, hydrocortisone cream 0.5-1.0% and antihistamine (Chlor-Trimeton [®] , Benadryl [®] , OCT product, etc.
Motion Sickness	Dramamine, Bonine or scopolamine patch
Muscle Pain	Ibuprofen (Advil [®] , Nuprin [®] , Motrin [®])
Personal, General	Tissues, pre-moistened towelettes, sanitary supplies for women, birth control, condoms
Sun Screen	SPF-15 (Shade [®] or Photoplex [®]), for lips too
Toothache	Dental floss, oil of clove
Water Purification	Tablets or crystals (iodine) or filter system

WATER PURIFICATION

U.S. Army studies have previously demonstrated that iodine, under field conditions (dirty, cold water; short contact time) is superior to low doses of chlorine. With a ten-minute contact time at room temperature, iodine completely kills bacteria, parasites, viruses, and worm larvae. Iodine tablets are the choice of the U.S. Army for soldiers in the field.

Caution: Never use iodine-treated water as your sole source of water for more than three weeks.

Iodine tablets – Potable Aqua is the most popular brand. Dissolve one tablet in a liter of water and wait 20-30 minutes. If the water is cold and cloudy, use two tablets and wait at least 30 minutes.

Advantages – Tablets usually have a long shelf life, even under adverse conditions, and they won't stain your pack or clothing if spilled. Tablets are also convenient and quite safe if swallowed. Potable Aqua tablets are widely sold through camping stores.

Saturated iodine solution – Polar Pure sells a 3-oz bottle containing 8 grams of iodine crystals to which you add water to make a saturated iodine solution. You can disinfect up to 2,000 quarts (500 gallons) of water with a single bottle.

Advantages – It is economical, has a long shelf life, and is compact. Polar Pure is available at most camping outlets.