

GOULD LAKE FIRST AID KIT

CONTENTS AND INFORMATION

Kit #: ____		Checked by: _____		Date: ____
	Item	Quantity	Use	Notes:
Paperwork				
	Accident Report Form	2		
	Drug Descriptions	2 pages, double sided		
	First Aid Booklet - Backcountry First Aid and Extended Care - by Buck Tilton	1		
Bandaid Package				
	Band-aids	10 plastic, 15 elastoplast	Minor cuts	Some people are allergic to sticky part on elastoplast
	Elastoplast Roll	1 x 5" strip cut from larger roll	Larger minor cuts	Stays clean if kept in ziplock, some people allergic to elastoplast
Wound Package				
	Compress Bandage	2 (4")	Controls bleeding in large wounds	
	Gauze pads (sterile)	8 (3")	Large wounds, cleaning, Not sterile if package is torn.	
	Gauze roll	2 (4"), 1 small, 1 large	Hold dressing on or tie around dressing	
	Mole Foam (thick)	1 (3")	Blisters	
	Mole Skin (thin)	1 (4")	Blisters	
	Second Skin (blue gel)	2 (1"x2")	Burns, blisters. Remove plastic from both sides before applying. Do not leave in place for more than 12 hours.	
	Steri-strips	2 pkgs (1.25 " x 1.5")	Act like stitches for moderate cuts	Not sterile once opened. Restock if opened.
	Transparent dressing - Tegaderm	2	Waterproof dressing cover	Acts like Goretex - great over second skin for burns
	Telfa Adhesive Pads	4 (3")	Abrasions, burns	Non-adhesive pads with adhesive tabs

Sanitary Package				
	Sanitary Napkins/Pads	3	Major wounds, emergency extras	
	Tampons	4	Emergency extras	
Drug Box				
	Drugs	Benadryl - 10 (25mg), pill form	Antihistamine (anti-allergy)	Take extra if you have students with allergies on trip. For severely allergic students, take liquid form - 1 bottle for quick absorption through mouth.
	All of these items are kept sealed in a small tupperware container. This is important to keep moisture out.	Exlax - 5 (5mg)	Laxative	
		Gravol - 10 (50mg)	Anti-nausea	
		Ibuprofen - 20 (200mg)	Pain killer, anti-inflammatory	Same as Advil or Motrin
		Imodium - 5 (2mg)	Anti-diarrhea	
		Antacid - 1 roll (Rolaids or Tums)	Indigestion	Important that these be kept dry - moisture ruins these quickly
	When restocking any drug include new expiry date or all will be disposed at the end of the trip.	Tylenol Extra Strength 20 (500mg)	Pain killer and fever relief (same as acetaminophen)	
Meds Container				
	***Epi-pen	1	To reverse anaphylactic shock (closed airway), can give 2nd dose (need 2nd pen) after 15 mins., can also use for extreme asthma attack	Take an extra one if you think you might need. Also take liquid benadryl.
	***Eye/ear drops (liquid polysporin)	1 small bottle	Antibiotic liquid	Contains sulfa, check for student allergies
	Face shield (with one-way valve)	1	For your protection	
	Iodine (Providone-iodine) Solution	1 small bottle	Topical antiseptic, dilute with water (1:1)	Stains on contact, some people are allergic to it
	Irrigation Syringe	1 (30cc)	Cleaning wounds	It should have a small needle end for better pressure when spraying

	**Aveeno Anti-Itch Cream	1 tube (28g)	Anti-itch cream for poison ivy, bug bites and rashes	Apply as needed
	Replaces Calamine Lotion			
	**Blistex	1	Sunburned lips	
	**Orajel	1	Toothache	
	**Polysporin Antibiotic Ointment	1	Topical antibiotic	Contains/ Sulpha drugs, check student for allergies
	Q-tips	4	Applicator	
	Safety Pins	10		
	**Micatin/Tinactin Cream	1	Athletes foot and yeast infections	Apply twice daily
	Scissors (Attendant)	1		Restock if very rusty
	Surgical Gloves	2 pairs	Protection from blood etc.	Possible allergies to latex
	Tweezers	1	Removing splinters	
	**Swabs (mix of alcohol and benzalkonium chloride – purple package)	16	Antiseptic, cleaning	Alcoholic swabs used only for cleaning instruments – will damage skin tissue in open wounds
				Use benzalkonium – purple wipes for cleaning wounds
	**Gastrolyte	4 packages (4.9 g)	Oral rehydration salts	
Sprains and Strains				
	Athletic Tape	2 (1" rolls)		
	Splint (wire)	1	Fractures	
	Triangular bandage (sling)	3	Slings, ties, splints	
	Elastic Bandage (Tensor)	2 {1 (2"), 1 (4")}	Wrapping around a sprain or strains	
Extras - loose itmes - can be fit wherever they fit				
	**Bactine	1 bottle	Antiseptic solution	
	Vaseline	1 (50g)	Lubricant - moisturizer	Could be used for stove repair
	Zinc Oxide Cream	1 tube	Sun protection for lips and nose	

The 'Ouch' Kit - In a 1L Nalgene

These items are IN ADDITION to the items in the standard first aid kit.

Band-Aids (5 plastic, 5 Elastoplast)	10	Minor cuts	Some people allergic to sticky part on Elastoplasts
Gauze pads (sterile)	2 (3")	Large wounds, cleaning	If package open or torn it is not sterile and should be used only for outside of wound
**Swabs (benzalkonium chloride only – purple package)	6	Antiseptic, cleaning	DO NOT USE ALCOHOLIC SWABS FOR CLEANING WOUNDS – DAMAGES TISSUE

AVAILABLE IN THE OFFICE If you choose to take any of these items, please return to the cupboard as the next person using the kit may not want them and eventually we can't find them.

- ❖ Athletes Foot Stuff (Desenex or Tinactin) (prone to exploding, store in its own zip lock)
- ❖ Floss
- ❖ Zinc cream - sunburn prevention for Georgian Bay
- ❖ OS Mountains Hiking Trips there are separate "Foot Kits" to pick up in addition to regular kit.
- ❖ Georgian Bay trips should take the "Snake Bite Kit" (bright yellow, rigid plastic, small box).
- ❖ Longer trips (i.e. KIC) or bigger groups (i.e. OS) may want to add extra Band-Aids, gauze, etc. Also consider bringing yeast infection treatment (not in office) and extra salt (for re-hydration and treating infection by soaking),

***** These items need to be checked for expiry dates, restock if expired *****

Please do all you can to keep the kits very, very DRY. They have to be totally restocked when wet at a cost of over \$300.00. Gould Lake Staff are responsible for carrying ALL DRUGS (except inhalers and Epi-pens carried on a students person) used by students (including back up inhalers and Epi-pens). Please remember to return drugs to individuals at the end of the trip.

When your trip is over please:

1. Throw out any garbage and anything that is wet or damp to prevent the entire kit from going moldy.
2. Go through your kit and make a list of what needs to be replaced (rechecking expiry dates).
3. Return any extras (including Epi-pens) to cupboard.
4. Arrange for the kit to be restocked.
5. If you are using the First Aid Cupboard in the office please be respectful of keeping it tidy.

MEDICINAL DRUG DESCRIPTIONS

Medication carried in the Gould Lake Outdoor Centre First Aid Kits

Please read these notes before giving drugs to students.

'Indication' means 'use'. 'Contraindication' means do not use this medication for, or with...

EPIPEN

INGREDIENT: epinephrine

USE FOR: **anaphylaxis** (An allergic condition in which an anti-body-antigen reaction results in a release of substances that can cause shock, bronchoconstriction, and airway obstruction.) and temporary emergency treatment of severe **life-threatening asthma**.

LOCATION OF ACTION: effector cells of the adrenergic system

MECHANISM OF ACTION: increases blood pressure and decreases swelling of upper airway and skin, inhibits further release of mediators, relaxes bronchial smooth muscle, and increases cardiac rate and contractility.

DO NOT USE FOR: if true anaphylaxis exists with shock and airway compromise, there are no contraindications to administering this medication; relative contraindications are pregnancy and cardiac disease.

Do not use if liquid in needle is cloudy or coloured (it should be clear). (If this is all you have it may be better to use it anyway . . .)

POSSIBLE ADVERSE EFFECTS: tachycardia (fast heart beat), anxiety.

DOSAGE: 0.3cc 1:1000 (0.3 mg) epinephrine injected subcutaneously (intramuscular for EpiPen); repeat 5-15 minute intervals as needed.

COMMENT: in treating anaphylaxis, multiple dosing may be required to maintain airway and blood pressure - there is no definite endpoint.

BACTINE (liquid in plastic bottle)

INGREDIENT: Benzalkonium Chloride and Lidocaine Hydrochloride (topical anesthetic)

USE FOR: Sunburn, minor burns, cuts, scratches, insect bites and poison ivy.

LOCATION & MECHANISM OF ACTION: topical antiseptic and anesthetic

DO NOT USE FOR: External use only. Do not use in eyes, mouth, ears or sensitive areas of the body. Do not use in large quantities or on raw or blistered areas. Stop using if condition worsens, for more than 7 days or if symptoms clear up and then start again. Do not use if the patient is taking Phenytoin (for epilepsy, may produce cardiac depression.)

DOSAGE: spray on no more than twice per hour

BENADRYL 25 mg (liquid Benadryl should be taken for severe allergies –available in the FA cupboard)

INGREDIENT: diphenhydramine hydrochloride (an antihistamine)

USE FOR: Allergic reactions, sedation, itching, emergency treatment of drug-induced dystonic reactions (acute tonic muscle spasms of the neck or eyes); also mild anti-vomiting and anti-vertigo (loss of balance) effect

DO NOT USE FOR: previous allergy or sensitivity to Benadryl or active ingredient, asthma, high blood pressure, heart disease, lung disease, thyroid disease, glaucoma, cystitis (urinary tract infection), alcohol or any other sedative or tranquilizer

POSSIBLE ADVERSE EFFECTS: CNS (Central Nervous System) sedation, dry mouth, constipation, urinary retention, stomach upset, excitability (especially in children)

DOSAGE: 25-50 mg by mouth every 5-6 hours as needed for rash/hives, itching, sedation; 3-4 times daily. Benadryl liquid -2 teaspoons = 25 mg or 1 pill

COMMENT: Benadryl can hit people (especially kids) pretty hard. It can make them feel very sleepy and somewhat out of it. Always give the minimal dose suggested to start (unless it is for Anaphylaxis). Do not let anyone who has taken it carry anything on a portage or swim until you have observed them for at least an hour after taking the drug.

*Do not drive or operate machinery while taking this drug.

BLISTEX (SPF 30, lip chap)

INGREDIENT: Octyl Methoxycinnamate 7.4%

USE FOR: preventing and healing sunburn and windburn to lips

POSSIBLE ADVERSE EFFECTS: irritation

CAUTION: avoid contact with eyes

DOSAGE: apply liberally before exposure to sun and wind, reapply when needed

EX-LAX (Extra Strength) (25 mg) (tablets)

INGREDIENT: phenolphthalein (a sennoside)

USE FOR: relief of constipation (laxative, bulk-forming and stimulant)

LOCATION OF ACTION: intestine

DO NOT USE FOR: previous allergy or sensitivity to Benadryl or active ingredient, asthma, high blood pressure, heart disease, lung disease, thyroid disease, glaucoma, cystitis (urinary tract infection), alcohol or any other sedative or tranquilizer

POSSIBLE ADVERSE EFFECTS: CNS (Central Nervous System) sedation, dry mouth, constipation, urinary retention, stomach upset, excitability (especially in children)

DOSAGE: 25-50 mg by mouth every 5-6 hours as needed for rash/hives, itching, sedation; 3-4 times daily

MECHANISM OF ACTION: irritation of the intestine, increased mucous secretion and motility of the intestine

DO NOT USE FOR: Not to be used when abdominal pain, nausea or vomiting are present. If a skin rash appears discontinue use. Do not take within 2 hours of other medicines. (The effect of the medicines may be reduced.)

POSSIBLE ADVERSE EFFECTS: Once irritated, the intestine can be difficult to calm.

DOSAGE: adults 1 or 2 pills, children over 12 years 1 pill, take with a full glass of water at night

COMMENT: Please try to treat individuals with a higher fibre diet such as dried fruit, before it is severe enough to use a laxative. Dehydration can also cause constipation. Keep hydrated to reduce problems.

GRAVOL (50 mg) (tablets)

INGREDIENT: dimenhydrinate

USE FOR: motion sickness, nausea and vomiting and dizziness

DO NOT USE FOR: don't drive or operate dangerous machines, don't use in combination with other central nervous system depressants eg. Alcohol, Benadryl tablets, Chlorotripton tablets, Tylenol 3.

ADVERSE EFFECTS: drowsiness, dizziness, dry mouth, nose, throat; blurred vision; dysuria (pain or difficulty in urination), headache; nervousness, restlessness; skin rash; thickening of bronchial secretions; tachycardia (fast heart beat); upset stomach.

DOSAGE: 1 or 2 tablets 3 or 4 times a day, Maximum of 400 mg per day

COMMENT: Gravol can hit people (especially kids) pretty hard. It can make them feel very sleepy and somewhat out of it. Always give the minimal dose suggested to start. Do not let anyone who has taken it carry anything on a portage or swim until you have observed them for at least an hour after taking the drug.

IBUPROFEN (200 mg) (tablets)

INGREDIENT: same; multiple trade names (Motrin, Advil, Nuprin, etc.)

USE FOR: mild-moderate pain reliever and anti-inflammatory medication for musculoskeletal, dental, menstrual pain; also effective for fever control.

DO NOT USE FOR: anaphylactic and hypersensitivity reactions have been reported rarely, not recommended for children under 12 years or patients with peptic ulcer disease

ADVERSE EFFECTS: gastrointestinal upset

DOSAGE: 200 - 400 mg orally every 4 hours to a maximum daily dose of 1200 mg, take with food

COMMENT: excellent first line pain-killer for musculoskeletal pain as it treats the cause of the pain and inflammation.

IMODIUM 2 mg (tablets)**INGREDIENT:** loperamide hydrochloride**USE FOR:** prevention and treatment of diarrhea**DO NOT USE FOR:** none reported**POSSIBLE ADVERSE EFFECTS:** toxic megacolon (obstruction) may be caused in patients with acute colitis;**DOSAGE:** 4 mg orally initially followed by 2 mg orally after each stool to maximum of 16 mg per day**COMMENT:** discontinue use after 48 hrs if no improvement in patients with acute diarrhea (and then evac)**ORAJEL** (gel in a plastic tube)**INGREDIENT:** Benzocaine 7.5%**USE FOR:** toothaches, cold sores, minor cuts and abrasions - antiseptic, anesthetic**LOCATION OF ACTION:** topical analgesic (pain reducer)**DO NOT USE FOR:** avoid contact with the eyes**POSSIBLE ADVERSE EFFECTS:** It is applied topically or on the skin so absorption and its subsequent short term effect on the central nervous system is minimal.

It is a central nervous system depressant so should not be used to any significant degree with Tylenol 3, Bactine, Benadryl, Caladryl, Chlortripolon or other antihistamine (anti-allergy medication).

DOSAGE: Use a cotton swab to apply the solution, once every 2 hours. Do not place the swab from the mouth to the bottle or bacteria will be transmitted into the solution.**POLYSPORIN or ANTIBIOTIC OINTMENT (15g tube)****INGREDIENT:** polymyxin B as a sulphate and bacitracine**USE FOR:** Topical (placed on the skin) antibiotic ointment to reduce the chance of infection.**DO NOT USE FOR:** Not to be used by anyone with an allergy to Sulpha drugs. If an adverse reaction or irritation occurs, discontinue use and consult your physician.

External use only. Do not use over large areas of the body; in deep puncture wounds, animal bites or serious burns or for more than 7 days.

POSSIBLE ADVERSE EFFECTS: A sensitivity to bacitracine is rarely seen but can be severe.**DOSAGE:** adult 1-3 times per day as topical cream.**POLYSPORIN EYE/EAR DROPS (10 ml)** (clear liquid, in a very small plastic bottle)**INGREDIENT:** Polymyxin B and gramicidin**USE FOR:** eye/ear drops to control infection (Acute bacterial conjunctivitis, corneal infections)**DO NOT USE FOR:** use only if liquid is clear.**POSSIBLE ADVERSE EFFECTS:** Allergic symptoms include irritation, swelling of lips and face, chest tightness, hearing difficulty – if they occur discontinue use and contact a doctor.**DOSAGE:** adult single dose 1 to 2 drops in sore eye or ear. Daily dose 2 to 8 drops, until the infection is gone – for a maximum of 7 days**PROVIDONE-IODINE SOLUTION 10%** (brown liquid)**INGREDIENT:** same**USE FOR:** antiseptic disinfectant**DO NOT USE FOR:** previous allergy to iodine or shellfish ***Ask student about allergies before use*****POSSIBLE ADVERSE EFFECTS:** local hypersensitivity/irritation**COMMENT:** excellent agent for hand hygiene and wound cleansing/irrigation. Providone-iodine is suitable for use directly on wound surfaces and jet irrigation.

Providone-iodine should not be kept in prolonged contact with skin or mucous membranes; skin surface should be thoroughly rinsed with water after cleansing.

POSSIBLE ADVERSE EFFECTS: A sensitivity to bacitracine is rarely seen but can be severe.**DOSAGE:** adult 1-3 times per day as topical solution.

TINACTIN / MICATIN CREAM (10 - 15 mg)

INGREDIENT: 1% tolnaftate USP

USE FOR: kills Athletes Foot fungus

POSSIBLE ADVERSE EFFECTS: increased irritation

CAUTION: for external use only

DOSAGE: apply twice daily to affected skin

TUMS or ROLAIDS (tablets)

INGREDIENT: calcium carbonate

USE FOR: antacid relief (heart burn or stomach ache)

CAUTION: keep out of reach of young children

DOSAGE: chew 1 or 2 tablets as needed, maximum 16 tablets/day.

TYLENOL EXTRA STRENGTH (500mg) (tablets)

INGREDIENT: Acetaminophen

USE FOR: fever and pain relief

DO NOT USE FOR: previous allergy or sensitivity, liver disease

POSSIBLE ADVERSE EFFECTS: infrequent hypersensitivity

DOSAGE: 325-650 mg by mouth every 4 hrs not to exceed 4000 mg/day

COMMENT: little anti-inflammatory effect antihistamine (will not reduce swelling)

AVEENO (28g tube)

INGREDIENT: Calamine 3%, Pramoxine HCl 1%

USE FOR: Pain or itch relief

CAUTION: External use only

DOSAGE: Not more than 3 to 4x a day