

Whitewater Kayaking Multi-Day Medical Kit

by Eli Ren

1st bag (the most urgent stuff right on top):

- Gloves
- Face mask
- CPR face shield (disposable practice shield from CPR course, but it will keep vomit out of your mouth)
- Oral airway

2nd bag (wound care):

- one 5x9 Combine Dressing (for serious bleeds)
- a bunch of 4x4's
- Tegederm - several sizes (best thing for boaters)
- 2 ouchless dressings (better than gauze since they don't stick to wound)
- Glacier gel dressings (best thing for blisters)
- Band aids (the clear tegederm-style ones are best)
- Alcohol swabs
- Antibiotic ointment

3rd bag (meds - double bagged)

- Ibuprofen 200mg (take 800mg for serious pain)
- Benadryl (a cheap, must-have, life-saving drug)
- Tylenol (best thing for lowering a fever)
- Aspirin (short shelf-life, but cheap and potentially life-saving)
- Imodium (potentially life saving in case of a bad intestinal crisis or for just preventing dry-suit catastrophes)
- (prescription pain killers if you have them - in case of serious injury)
- (epi-pen if you have severe allergies to anything)

4th bag (bandages):

- Triangular bandage (crucial for dislocated shoulder)
- Ace bandage
- Roller gauze

5th bag (intensive wound care):

- Clorhexidine surgical scrub sponge
- 15ml sterile saline
- Betadine solution
- Sterile 10ml syringe
- Sterile needle (for irrigation)
- Dermabond
- Steri-strips
- Skin stapler 35W (can be used without anesthetic)

Other stuff tucked in around the sides:

- 12hr candle, lighter, & 55-gallon trash bag (emergency heat-tent)
- Sam-Splint (I can't over-state how useful this is)
- Duct tape (better than medical tape)
- Gorilla tape (for gear repair)
- Heavy needle & 135-weight thread
- ~12' of 3mm accessory cord
- Zip-ties (spares for my homemade break-away bulkhead)

In PFD pocket:

- Another 55-gallon trash bag
- Spot messenger
- 6' 3mm cord
- Flashlight
- Knife