



# Backcountry Lifeline First Aid Kit List

## WFA & FA/CPR/AED For Mountain Bikers

Most FA kits are filled with cosmetic fixes. Carry the most important/life saving tools at a minimum. Your knowledge and skills are the most critical tools you have. Practice, and keep your skills fresh!

### FIRST AID Kit LG PACK

Nitrile Gloves (non-latex)  
CPR Pocket mask  
Epipen (if prescribed)  
Benadryl  
Aspirin  
Tylenol (Acetaminophen)  
Ibuprofen (NSAID)  
Aleve (Naproxen)  
Glucose (Gel Packet)  
Small Knife (w/ Scissors)  
Flashlight  
Pen (Sharpie)  
Lighter (Bic)  
Band aids (10x Medium, latex free, waterproof)  
Gauze Dressings (4x non-stick 4x4)  
Tape (Duct or Gorilla in small roll)  
Roller gauze (1x Coban or Vet wrap at Veterinarian)  
Tagaderm (1x Clear wound dress)  
Slings (2 triangle bandages)  
Second skin, moleskin  
Iodine Packets  
Soap flakes (in ziplock bag)  
SAM splint (1 x 18" junior fits in Fanny, 36 is best)  
60 cc syringe (suction/irrigation)  
Emergency blanket ( SOL Emergency bivy)  
Hemostatic Dressing (Quikclot Combat gauze)  
CAT or RATS Tourniquet

### FIRST AID Kit SM PACK

Nitrile Gloves (non-latex)  
CPR Pocket mask  
Epipen (if prescribed)  
Benadryl  
Aspirin  
Glucose (Gel Packet)  
Small Knife (w/ Scissors)  
Flashlight  
Pen (Sharpie)  
Lighter (Bic)  
SAM splint (18" junior fits in Fanny, 36 is best)  
Hemostatic Dressing (Quikclot Combat gauze)  
CAT or RATS Tourniquet  
Tape (Duct or Gorilla in small roll)