

## Personal Medications & First Aid Kit



**Purpose** – The WFSI trip leaders will provide a well-stocked and comprehensive medical kit that will be located in the cook van and easily accessible to everyone throughout the trip. This medical kit will include over-the-counter medications of many types (including medications for pain, allergies, upset stomach, colds and coughs, etc.) and basic medical supplies (including bandages and dressings, antibiotic and allergy creams, antibacterial cleansers and wipes, hot and cold packs, etc.) and many other types of useful medical items such as tweezers, scissors, contact lens solution and saline solution.

In addition to this medical kit accessible to everyone throughout the trip, each student should bring their own personal prescription and over-the-counter medications, as well as a small first aid kit to be carried in their day pack at all times.

**Personal Medications** – Your personal medications (both prescription and over-the-counter) should be carried in their originally containers and should be clearly labeled. Your medications should be kept either in your bathroom kit, in your bin, or in your personal first aid kit. Prior to leaving for the trip, each student will have a private interview with one of the trip leaders to discuss their personal medical concerns and needs. Your medical information will be kept in confidence by the trip leaders. Trip leaders should be informed of all prescription medications that you will be carrying and where they are located. It is also suggested that extra copies of prescriptions be provided to the trip leaders, so that a prescription may be easily refilled if it is lost or damaged during the trip. These prescriptions will be secured with all of the other documents for each student. Listed below are suggestions for what to include with your personal medications:

- Prescription medications
- Over-the-counter medications for pain, allergies, upset stomach, etc.
- Throat lozenges and/or cough drops

**Personal First Aid Kit** – You should prepare a small personal first aid kit to be carried with you in your daypack at all times during the trip. Your kit can be as simple as a thick quart-sized ziplock bag or a small commercial first aid kit. Each trip leader will be carrying a much more comprehensive first aid kit in their daypack at all times. Listed below are suggestions for what to put into your personal first aid kit:

- Note card with your name
- Bandages – in a variety of shapes and sizes
- Instant hand sanitizer
- Alcohol and/or iodine wipes
- Pain medication
- Allergy medication
- Upset stomach medication and/or antacid tablets
- Triple antibiotic pads and/or ointment
- Insect sting relief
- Blister pads and/or moleskin
- Safety pins
- Sunscreen & aloe
- Insect repellent
- Lip balm
- Small flashlight
- Whistle

