

SOVEREIGN LAKE NORDIC PATROL

INDIVIDUAL PATROLLERS FIRST AID KIT

Provided by Sovereign Lake:

- First Aid Refusal Form
- Trail Maps
- Airways (OPA)
- First Aid Scissors
- (6) Non Latex Exam Gloves
- Light Pen (for Pupil Checks)
- Instant Glucose (or sugar)
- (1) SAM Splint
- (3) Triangle Bandages and Safety Pins
- (2) 3" Tensor Bandages
- (1) Non Adherent Pressure Bandage
- (1) Abdominal Pad (5"x9")
- (2) 3" Roll of Gauze
- Roll of Medical Tape
- (2) Tongue Depressors
- Ziplock Bag Containing:
 - (4) Alcohol Prep Pads
 - (6) Non Sterile Gauze Sponges
 - (2) Sterile Gauze Pads
 - (2) Non Adherent Pads 3"x4"
 - Assorted Adhesive Bandages (fingertip, knuckle, strip)
- Space Blanket
- 2 Instant Hot Packs
- 2 Handwarmers

Personal Gear:

- Pocket Face Mask
- Waterproof Notebook
- Fox Whistle
- (1) Pencil (1) Pen
- (1) Permanent Marker
- Headlamp
- Waterproof Matches
- Multi-Tool (optional)