

THE QUART ZIPLOCK FIRST-AID KIT (submitted by Emmett Evanoff) (A recipe by Pat Monaco)

Into a quart Ziplock bag load the following:

- One package of Moleskin, one Band-aid Blister Block, and five 1 inch x 3 inch Band-aids
- One sanitary pad (excellent for sopping up wounds with a large amount of bleeding)
- One small tube of triple antibiotic ointment with pain killer (Neosporin or equivalent)
- Three 4 inch x 4 inch clean or sterile dressing (keep in a snack-size bag)
- Two to four tablets of 200 mg ibuprofen, two tablets of 325 mg aspirin
- One 2 inch x 5 foot ace wrap, with 2 sharp safety pins
- Six antiseptic wipes (Wet Ones), six alcohol wipes
- One small roll of Johnson and Johnson waterproof tape
- Two tablets of 25 mg diphenhydramine (Benadryl)
- Anti-itch spray (Benadryl or equivalent)
- Tweezers for cactus/splinters

Other Emergency Items:

- Silver mylar emergency blanket ("space blanket")
- Rain poncho, orange
- Medic-alert pendant or bracelet, if appropriate
- Epi-pen for insect allergies, if appropriate
- Leatherman or equivalent (with scissors)

This list of first-aid kit contents was in the October 2010 *Colorado Scientific Society Newsletter*. Past CSS President Emmett Evanoff researched first-aid kits after he was blown off a game trail and fell about 60 feet into a drainage at the end of the 2009 summer field season in the Badlands National Park, South Dakota. "I incurred a broken left arm, several cracked left ribs, a cracked left lower pelvis, and several broken right ribs. I was not able to get out of the drainage unaided." His field assistant, Terry Heister, went for help and saved Emmett's life. His talk about to the Colorado Scientific Society and the Western Interior Paleontological Society (WIPS) is reported in the March 2010 and April 2010 *Colorado Scientific Society Newsletters* - see them under **Newsletter** on ColoSciSoc.org

These contents are a start. Configure your first-aid kit for your needs.