



American Avalanche Institute  
[www.americanavalancheinstitute.com](http://www.americanavalancheinstitute.com)  
(307) 733-3315  
avalanche.institute.com

## **First Aid Kit for a Day Tour**

Pocket CPR mask  
Gloves (nitrile recommended)  
Scissors  
Medical tape – 1” roll  
Ace wrap or roll of Coban  
Steri Strips  
Moleskin  
Molefoam  
2nd skin  
4x4 gauze pads (optional)  
Band-Aids  
Ibuprofen  
Benadryl  
Tampons (good for nosebleeds, as well)  
Hand warmers

### Consider for longer trips:

Imodium  
Cough Drops  
Antibiotic ointment  
Extra gauze  
Extra tape  
Tincture of Benzoin  
Triangular bandages  
\*\*Think about pain and infection management