

First Aid Caver Kit (F.A.C.K.)

This is not a substitute for proper first aid training, it is simply an introduction on what to carry with you in your pack in the event of a minor injury or medical issue. How much you carry in your first aid kit depends on what you are willing to deal with weight and space wise. The kit here is the basics, much more can be added. Don't forget that stuff can happen walking to and from the cave as well. **You can't prepare for everything, but be prepared for the common stuff.** At a minimum, you should take a certified first aid course to learn how to use the items in this kit, however a wilderness first aid course or wilderness first responder course are even better.

Common Issues That May Require First Aid:

Abrasions - Alcohol Wipes, Triple Antibiotic Ointment, Gauze or Giant Band-Aid, Medical Tape

Aches and Pains - Ibuprofen, Tylenol or Aspirin (whatever works best for you)

Allergic Reactions (Poison Ivy, Bee Stings etc.) - Benadryl and/or Technu Wipes

Burns (Rope Burns, Chemical Burns, Fire burns (stove, heater)) - Burn Salve, Non-Stick Gauze or Bandage, Medical Tape, Ibuprofen

Cactus Spines, Thorns etc. - Tweezers, Alcohol Wipes, Triple Antibiotic Ointment, Band-Aids

Dehydration - Water, Electrolytes

Diarrhea - Imodium AD (you know, from the gas station food)

Dislocated Shoulder - Bandanna or Elastic Bandage, Safety Pins, Ibuprofen, Tylenol or Aspirin (whichever works best for you)

Hypothermia - Heat Packs and/or Emergency Blanket

Hyperthermia (Heat Cramps, Heat Exhaustion) - Water, Electrolytes (NOTE: Heat Stroke is a medical emergency and must be treated immediately).

Lacerations - Alcohol Wipes, Triple Antibiotic Ointment, Band-Aids or Superglue

Snake Bite - Elastic Bandage, Alcohol Wipes, Triple Antibiotic Ointment, Band-Aids,

Sprained/Strained Ankle, Finger or Wrist - Elastic bandage or Kinesio Tape, Safety Pins, Ibuprofen, Tylenol or Aspirin (whichever works best for you)

(See: <https://www.youtube.com/watch?v=ELsu25Gow0I> for info on how to use Kinesio tape to wrap a sprained ankle.)

Stings - Tweezers, Alcohol Wipes, Triple Antibiotic Ointment, Band-Aids, Benadryl

If you're susceptible to common (or uncommon) medical conditions, carry any medications or other medical "stuff" you require as an individual.

Examples:

- 1) Anaphylactic Shock from Bee or Wasp Stings - carry an Epi-pen.
- 2) Diabetic - carry insulin.
- 3) Hypoglycemic - carry sugar or extra food.

Supplies:

Large and Small Band-Aides
Gauze Pads
Elastic Bandage
Alcohol Wipes
Triple Antibiotic Ointment
Burn Salve
Medical Tape

Medications:

Ibuprofen, Aspirin or Tylenol
Technu Poison Ivy Wipes
Benadryl
Imodium AD
Salt Pills or Other Electrolytes Such as Gatorade Powder
Other, as Required

Equipment:

Heat Packs
Emergency Blankets
Tweezers
Safety Pins
Large Bandana
Superglue
Razor Blade or Small Scissors