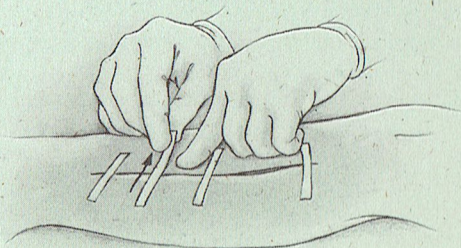


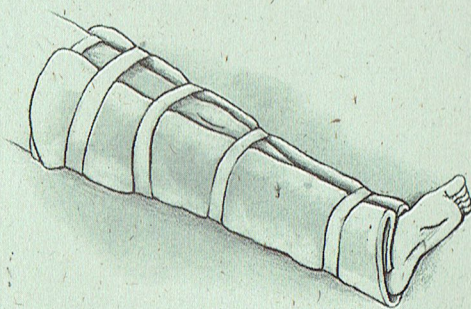
Take Some Advice from Dr. Weiss

● **Stopping the Bleeding:** Use tea bags to control bleeding in the mouth. The tannic acid in tea acts as a vessel constrictor and can even help relieve pain. Also, Afrin or NeoSynephrine nasal spray contain potent blood vessel constrictors and may help stop wound bleeding. Moisten a 4x4 piece of gauze with the solution, then pack the gauze into the wound.

● **Wound Closure Strips:** Improvise with duct tape or another adhesive tape. Cut quarter-inch strips, then puncture tiny holes along the length of the tape with a safety pin to prevent fluid from building up under the tape.



● **Knee Immobilizer:** A knee splint can be improvised from an ensolite or Therm-A-Rest® pad, life jacket, newspaper, tent poles, or internal pack frame stays, and clothing held together with tape or bandannas. The immobilizer should be cylindrical and extend from mid-thigh to mid-calf. If possible, cut a circular hole out for the knee cap.



● **Covering Burns:** A gauze pad impregnated with honey is an effective covering for burns. It reduces infection and promotes healing of the wound.

CONTENTS OF FIRST AID KITS COMPARED

	Solo	Light Traveler	Adventurer	Guide
Wilderness Medicine Brochure	•			
Wilderness Medicine Book		•	•	•
Butterfly Closure Strips	•	•	•	•
Strip & Knuckle-Adhesive Bandages	•	•	•	•
Moleskin	•	•	•	•
Sterile Dressing	•	•	•	•
Adhesive Tape	•	•	•	•
Nitrile Surgical Gloves	•	•	•	•
Double Antibiotic Ointment	•	•	•	•
Antiseptic Towelettes	•	•	•	•
Motrin	•	•	•	•
Antihistamine Tablet	•	•	•	•
Safety Pins	•	•	•	•
Resealable Plastic Waste Bag	•	•	•	•
Splinter Picker/Tick Remover Forceps		•	•	•
Tincture of Benzoin Swab		•	•	•
Extra Strength Tylenol		•	•	•
Sterile Trauma Pad		•	•	•
Non-adherent Dressing		•	•	•
Sting Relief Pad		•	•	•
Antimicrobial Hand Wipe		•	•	•
Conforming Gauze Bandage		•	•	•
Elastic Bandage with Velcro Closure			•	•
Hyperthermia Thermometer				•
Bandage Scissors				•
Irrigation Syringe				•
Povidone Iodine Solution				•
Molefoam				•
Spenco 2nd Skin				•
Non-Woven Adhesive				•
Triangular Bandage				•
Cotton-Tipped Applicators				•
Wound closure strips				•
Accident Report Form and Pencil				•

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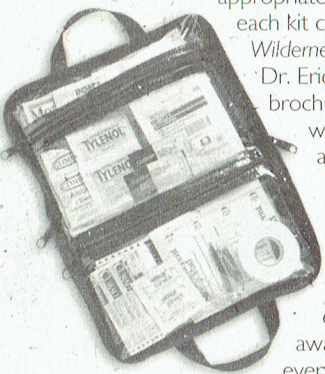
Put a Doctor in Your Pack

"At the heart of wilderness medicine is improvisation."



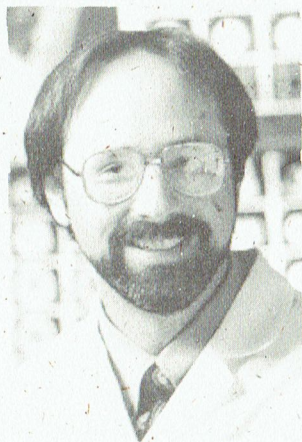
IT'S A JUNGLE OUT THERE

So bring along a little bag of confidence. Whether your jungle of choice is a walk in the park or a week-long expedition in tangled terrain, when you hit the trail, the last thing you expect is for the trail to hit back. Pack smart with an EMS first aid kit that offers you the right tools for the situation and the know-how to use them wisely. We went to the wilderness medicine experts at Adventure Medical to help us pack our bags for your trip. Crammed with supplies



appropriate for different levels of adventure, each kit contains *A Comprehensive Guide to Wilderness and Travel Medicine* written by Dr. Eric Weiss (the Solo contains a brochure). In it you'll find "Weiss advice" with instructions on what to do in almost any medical emergency. Informational boxes help you improvise with parts of your pack or other items you may be carrying. The book also helps you decide whether an injury warrants evacuation. Kit contents are zipped away behind clear plastic pockets so everything stays dry and you can get what you need quickly.

BRING ALONG THE GOOD DOCTOR



"At the heart of wilderness medicine is improvisation."

Eric A. Weiss, M.D., F.A.C.E.P., weaves instructions and illustrations together to empower people with no medical background to understand a situation and take action. Dr. Weiss is more than just a guy with a string of letters after his name. He is an emergency physician at Stanford University Medical Center and a medical consultant to The National Geographic Society, the Military Special Forces and The American Red Cross. He was medical officer for the Himalayan Rescue Association, where he provided medical care to thousands of trekkers and climbers at a high altitude medical clinic near Everest base camp.



No. of people	1	2	3	4	5	6	7
No. of days out	1	2	3	4	5	6	7
Weight	4.2 oz.	Price \$10.00					

THE SOLO

A light and compact kit that fits in your pocket.

The Solo First Aid Kit contains an array of components designed to treat the most common medical emergencies you might encounter in your everyday life or on a short outing. It's small enough to fit in your fanny pack, tackle box, purse, boat, or backpack.



No. of people	1	2	3	4	5	6	7
No. of days out	1	2	3	4	5	6	7
Weight	9.0 oz.	Price \$20.00					

THE LIGHT TRAVELLER

Ideal for daytrips and weekend excursions.

This kit contains all the goodies we crammed into the Solo kit, plus extra bandages and medications to keep you out on the trail longer.



No. of people	1	2	3	4	5	6	7
No. of days out	1	2	3	4	5	6	7
Weight	13.8 oz.	Price \$30.00					

THE ADVENTURER

Great for overnight camping and backpacking.

This lightweight kit can help you make it through more serious medical emergencies. It has more antibacterial tools and dressings for when you have more than one set of scraped knees to tend to. Designed to last for longer trips than the Light Traveller.



No. of people	1	2	3	4	5	6	7
No. of days out	1	2	3	4	5	6	7
Weight	23.0 oz.	Price \$50.00					

THE GUIDE

For extended travel in remote areas.

The Guide contains a complete collection of essential components to treat a wide range of medical emergencies. An extensive collection of tools, medications, and wound management materials make this the companion of choice for those who need to be ready for almost anything.