

## Section II

## First Aid Course References



## Local Basic First Aid & CPR Classes

**American Red Cross  
Santa Cruz County Chapter**

2960 Soquel Avenue  
Santa Cruz, CA 95062

**831-462-2881**

<http://www.sccredcross.org>

**American Red Cross  
Salinas Main Office**

942 Lupin Drive  
Salinas, CA 93906-3996

**831-424-4824 (Salinas)**

**831-375-5730 (Monterey)**

**American Red Cross  
Monterey Service Center**

550 Lighthouse Avenue / P.O. Box 853  
Monterey, CA 93942

**831-372-5490**

**UC Santa Cruz  
Campus Fire Department**

UCSC Campus  
Santa Cruz, CA

**831-459-3473.**

[http://www2.ucsc.edu/fire\\_dept/](http://www2.ucsc.edu/fire_dept/)

**Dominican Hospital**

1555 Soquel Drive,  
Santa Cruz, CA 95062

**831-462-7709**

<http://www.dominicanhospital.org/index.asp?catID=ps&pg=pep&supnav=off#cpr>

**Aqua Safaris Scuba Center**

6896A Soquel Ave  
Santa Cruz, CA 95062

**831-479-4386**

<http://www.aquasafaris.com/pages/specificclasses/firstaid.html>

**Watsonville/Aptos Adult School  
Green Valley Center**

294 Green Valley Road  
Watsonville, CA 95076

**831-786-2160**

<http://waas.pvUSD.net/vocational.html>

**Watsonville/Aptos Adult School  
Downtown Center**

280 Main St  
Watsonville, CA 95076

**831-728-6330**

<http://waas.pvUSD.net/vocational.html>

## Wilderness First Aid Classes

### **Outdoors Unlimited, UCSF**

500 Parnassus Ave.  
Box 0234  
San Francisco, CA 94143-0234

[www.outdoors.ucsf.edu/ou](http://www.outdoors.ucsf.edu/ou)

### **Foster Calm**

Bobbie Foster  
15135 Lake Lane  
Nevada City, CA 95959

**530-265-0997**

[www.fostercalm.com](http://www.fostercalm.com)

### **Wilderness Emergency Care**

Steve Donelan  
PO Box 1227  
Berkeley CA 94701

**510-549-3911**

[donelan@slip.net](mailto:donelan@slip.net)

### **Hands on Training (WMA)**

Julie Kliger and Jim Morrisey  
585 Ocean View Dr.  
Oakland, CA 94618

**510-652-2543**

[julie2543@aol.com](mailto:julie2543@aol.com)

### **Cal Adventures, UCB**

5 Haas Clubhouse  
Strawberry Canyon Rec. Area  
Berkeley CA 94720

**510-642-4000**

[www.strawberry.org/castaff/schedules/Schedules2003/Training2003.html](http://www.strawberry.org/castaff/schedules/Schedules2003/Training2003.html)

### **WMI Courses, UC Santa Cruz**

UC Santa Cruz Campus  
Santa Cruz, CA 95062

**831-459-2806**

[www.ucsc.edu/opers/rec/firstaid.html](http://www.ucsc.edu/opers/rec/firstaid.html)

### **Peak Adventures**

ASI Peak Adventures  
6000 J Street  
Sacramento, CA 95819-6011

**916-278-6321**

<http://www.peakadventures.org/wfa.htm>

## Sample First Aid Kit Contents

### 5 Commandments of Wilderness First Aid Kits

1. It is impossible to assemble the perfect first aid kit, but you should still try. Keep track of things you wish you had, and things you wish you had more of, and reassemble your kit periodically.
2. Re-pack or re-check your kit for each outing. Check for expiration dates on medications, sterile items torn open, damaged or dampened, specific needs that special trips might require. Replace items damaged by heat or cold. Remove unnecessary items (ex. insect repellent on a winter trip).
3. Do not pack anything you do not know how to use. Before the trip, go through each item in your kit and familiarize yourself with what is there and how to use it.
4. Encourage, if not require, participants to pack and carry a personal first aid kit.
5. *Remember that ultimately life and limb are not saved by a kit, but by knowledge and skill.*

***Get properly trained!***

## Personal Bivouac Kit

The following "10" Essentials should always be carried, even on day hikes. Everything fits into a small stuff sack.

Personal Bivouac Kit
2 large garbage bags (shelter or emergency rain gear) or large plastic sheet
100' of parachute cord
Metal cup (can make a fire and heat water in it)
Jello with sugar
Lighter or waterproof matches
Water disinfection system (iodine tablets, water filter or purifier, PolarPure)
Sunscreen
Insect repellent
2 Plumber's candles
Knife
Whistle (plastic)
Compass
Flashlight
Hat and spare pair of socks (can double as mittens)
Rain gear

## First Aid Kit Content Lists for Outings

**Please note:** The following represents outdoor standards in the industry. Certain Sierra Club Outing entities do not or cannot endorse or require that particular items be included in first aid kits. Also, there is a forthcoming prescription drug policy.

**There are 3 types of first aid kit: Basic, Intermediate, and Remote. Each kit has 5 components:**

1. Equipment / Instruments
2. Wound Management
3. Bandage
4. Over-the-Counter Medications
5. Dental Kit

## Basic Outdoor First Aid Kit Components

### Equipment / Instruments

CPR Microshield ®  
Duct tape  
Emergency blanket  
Evacuation Request forms  
Incident Report forms  
Oral glucose gel (Jello® )  
Patient Report and pencil  
Resealable plastic bags  
Safety pins

### Medications

Aluminum hydroxide tablets (Mylanta)  
Diphenhydramine (Benadryl®)  
Ibuprofen (Motrin)  
salt electrolytes and glucose gel  
Throat lozenges

### Wound Management

Antimicrobial handwipes  
Barrier gloves (avoid latex)  
Forceps or tweezers  
Providone iodine solution (Betadine®)  
Wound closure strips

### Bandage Materials

1-inch cloth or surgical tape  
3 x 3 non-stick gauze pads  
Elastic roller bandage (ACE®)  
Gauze roller bandages (Kling®)  
Moleskin  
Non-adherent sterile dressings  
Sterile dressings  
Band-aids

### Dental Kit

Ambesol® or Orasol®  
Cotton pellets  
Cotton roles  
Dental floss  
Oil of cloves (Eugenol® )  
Temporary filling material (Cavit® or Superdent®)