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## Whats in your first aid kit?

Posted by Shorty - 08/23/2007 04:15pm

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Does anyone have any suggestions for a tree climbing specific first aid kit besides the usual stuff? (bandages, moleskin, etc.)

I had a brush with a yellow-jacket nest last weekend and didn't have any good stuff with me to make me quit yellin' and swellin'.

I have some after-bite and antihistimine in my truck now, but what else do you folks take with you that I might find out the hard way that I need?

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Posted by NickfromWI - 08/23/2007 06:12pm

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Needle and goretex thread. I've used it for a few things.

Tweezers. Lacrosse makes a tiny pair that I really like.

Extra batteries for the head lamp.

love  
nick

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Posted by JerseyGirl - 08/23/2007 06:38pm

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pepcid - extra person meds - plastic bag - surveyor tape - rubber band - (hair scrunchy) benadryl - wet ones - amodium - clothes pins - bandana

scissors - ace wrap

and other normal stuff

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## first aid kit

Posted by android - 08/23/2007 07:05pm

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jersey girl,

i have to wonder why a surveyor tape would be listed as an item in a first aid kit. keep in mind i am a newbie to this sport, it may be a completely obvious thing to those in the know.

andy

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Posted by JerseyGirl - 08/23/2007 08:47pm

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Well - i tend to think OUT OF THE BOX and the tape is a "ME THING"

I witnessed an ASSIST - where the climber person was unable to walk out of the climbing area. in that ASSIST , several odd things were used to support the climber that could not walk. camel packs minus the bladders were used as a soft splint and webbing was used to tie the packs into place on the injured limb. (not the trees)

there were other people (river tubers) there as it was a very public place so help was also very available. BUT still the hike out was about 1/4 or more mile to the road.

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NOW - picture this - you are in a strange area and this same event takes place - the second climber has to leave to get help and is not all that sure how to get back - thus taking tape and leaving a trail

hansel and gretel - bread crumbs.

I know it may never be needed but what is an ounce or two in a pack you leave on the ground.

SO - in that assist - thinking out of the box, looking about as to what we had with us and a solution was reached. SURE a saplings life could have been taken to make a splint, but the packs work so much better.

Yet another reason to have a camel pack with you at all times. I hear they also hold water.

JZ

ps gee now you want to know about the clothes pin too

ppss - BUT pack what you think you might need for each climb - i do have a standard 1st kit with me.

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Posted by Wildhare - 08/24/2007 12:41am

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#1: VetWrap!!!  
DontBugMePatch (transdermal Vit B1 bug repellent)  
Eye drops  
Lavendar Oil  
Advil  
Aspirin (for insect stings)  
etc...so far!

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### 150 feet of dental floss.

Posted by Treeman - 08/26/2007 02:06pm

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Oral hygiene is a must for proper climbing technique.

I have it (50 yard boxed spool) in case I need a drop line. I know, I know. Dumb thing to do (drop your main line) but I plan for those senior/ADD moments.

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Posted by Wildhare - 08/26/2007 02:46pm

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OMG! A man after a dental hygienists heart! Floss in a tree! Yet ANOTHER use for all that string that collects in peoples bathroom drawers! Love it!

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Posted by JerseyGirl - 08/26/2007 03:54pm

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that would be one ball of sting that i would not want to put back into a bucket - is that a one use deal ?

THANKS for the tip

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jz

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