



First Aid Kit Inventory Checklist

top bay

- duct tape, 4 feet min.
- lighters, 2
- safety pins, 1 large and 4 small
- scissors, 1 pair
- tweezers, 1 pair
- water purification tablets, 1 small bottle

middle bay

- alcohol swabs, 4
- antibiotic ointment, tube
- antiseptic wipes, 4
- electrolyte packets, 4 or more
- tent splint

bottom bay

- 1/2x2 bandage or similar, 6
- 1x3 bandage or similar, 2
- finger bandage, 4
- knuckle bandage, 2
- moleskin, 6 square sheets

middle crease

- athletic or tape rolls, 2

zipper pouch

- 200mg ibuprofen, 12-16 tablets
- 500mg acetaminophen, 12-16 tablets
- diphenhydramine, 8 tablets
- latex gloves, 2
- loperamide, 4 tablets
- tums, 1/2 roll min
- wound irrigation tool, 1 syringe

long stuff pouch

- 3x3 gauze dressing pads, 4
- 5x9 trauma pad, 2
- ace bandage, 2 rolls
- sterile rolled gauze, 2
- steri-strips, 1pack
- tent tape



Guide Box Inventory Checklist

safety

- commercial permits
- first aid kit, fully stocked
- lighters (2)
- map
- satellite messenger, with cord and charger

hydration

- hand pump with hose and attachments, 1 set
- large bladder, also used for handwashing
- water filtration bladders with valve nipple, strap, and hose, 2 sets

kitchen

- camp soap and sponge
- egg carrier
- hand sanitizer
- kettle
- large pot and lid
- large stoves, 2
- mesh kitchen kit bag
- nylon and soap
- pocket rocket stove, 1
- small pot and lid
- utensils (large ladle, 2 serving spoons, fork, spatula, knife, can opener)

other

- luci light
- trowel



Pre-Trek Guide Checklist

All items must be reviewed and inspected prior to departure for safety, completeness and expected performance.

participant gear (count as requested)

- backpacks
- hiking poles
- tents
- sleeping bags
- sleeping pads

guide box gear requiring testing

- all hydration systems + filter cartridges (not in guide box)
- all stoves
- lighters
- satellite messenger, send test to TSX Challenge Support

food

- group food, repackaged and distributed in sacks
- individual snack bags, adjusted for allergies if any
- menu

van

- gas
- visually safety check, clean exterior and interior
- ice chest

ADDITIONAL ITEMS REQUIRED

- camp fuel (1.5oz/person/day)
- additional water carriers (AZ iced tea jugs)
- crampons, as conditions warrant
- credit card for gas or entrance fees
- emergency contact list
- tsx hat
- water filter cartridges
- wilderness permit

Optional Items

- garbage bag and extra zip lock bags
- ice chest with post-trek drinks
- tsx shirts