

## Ham Radio Go-Kit First Aid Checklist by WB5YYQ

This checklist is designed for amateur radio operators operating in the field (Field Day, emergency deployments, ARES/RACES activations, portable operations, or vehicle go-kits). The goal is to treat common injuries and stabilize serious conditions until EMS arrives.

### 1. Basic Wound Care

- Adhesive bandages (assorted sizes)
- Sterile gauze pads (4x4 and 2x2)
- Rolled gauze
- Medical tape
- Antiseptic wipes or solution
- Antibiotic ointment packets
- Alcohol prep pads
- Nitrile gloves (multiple pairs)

### 2. Bleeding & Trauma Control

- Pressure/compression bandage
- Hemostatic gauze
- Tourniquet (CAT or equivalent — training recommended)
- Trauma shears
- Emergency dressing

### 3. Medications & Comfort Items

- Pain relievers (acetaminophen or ibuprofen)
- Antihistamine tablets (allergic reactions)
- Hydrocortisone cream
- Anti-diarrheal medication
- Oral rehydration salts or electrolyte packets
- Instant cold packs
- Lip balm and sunscreen (long outdoor deployments)

### 4. Tools for Field Operations

- CPR face shield or mask
- Digital thermometer
- Tweezers (splinters, debris)
- Emergency blanket (Mylar)
- Flashlight or headlamp
- Permanent marker (mark tourniquet time or notes)
- Notepad & pen (patient information and times)

## 5. Ham Radio–Specific Additions

- Energy snacks or glucose tablets (long operating periods)
- Bottled water
- Hand sanitizer
- Work gloves (antenna setup and teardown)
- Burn gel (soldering or hot equipment injuries)
- Eye wash or saline solution (dust and debris exposure)

## 6. Information & Documentation

- Emergency contact list
- Local emergency numbers
- Basic first aid instruction card
- Personal medical information (optional)

Reminder: The most important item in any first aid kit is training. Review and restock your go-kit at least twice per year and check expiration dates regularly.