



Pack Llama Trail Association, Inc.

Dedicated to Preserving and Promoting the Working Llama

www.packllama.org

MEDICAL KIT SUGGESTIONS PACK LLAMA TRAIL ASSOCIATION

When putting together a medical kit for your llamas and humans, you will need to ask yourself several questions:

1. What part of the country are you packing in and what time of year are you packing?
 - a. (consider) Elevation
 - b. (consider) Heat and Cold index
 - c. (consider) Trail conditions. Cross-country, rocky or dirt trails
 - d. (consider) Will hikers/hunters be in the area you are exploring?
 - e. (consider) Remoteness and length of trip
2. What types of animals or poisonous plants might you come in contact with on the trail?
3. When dealing with medical pre-trip questions, always defer to the experts, such as your veterinarian when putting a kit together. The list assembled by PLTA veterans, may not be all inclusive to your area of the country, nor may it have some of the medical treatments you are familiar with.
4. Have a central location and container for your kit. In panniers, some of us use a square, 4-gallon bucket to hold everything. It contains human and animal medical supplies.
5. Rather than just list our kit, we have put it into subjects for ease of use.
6. Always be aware of trip members and medical conditions they may have.
7. It is not required or expected that you carry all items. There is redundancy, so use common sense, recognize your limitations with weight, and the area you are hiking in.

MEDICAL KIT SUGGESTIONS SINGLE DAY HIKES

KIT TYPE (single day)	ITEM	USE
<i>ABRASIONS/SMALL CUTS/HOT SPOTS</i>		
Day Hike	Band-Aids	small cuts
Day Hike	Triple Anti-Biotic(Neosporin)	small cuts
Day Hike	Super glue	small cuts
Day Hike	Blister Pads	hot spots
Day Hike	Iodine	cleanser
Day Hike	Topical Sprays(Veterycin)	cleanser
<i>SUPPORT/RESTRICT MOVEMENT</i>		
Day Hike	SAM SPLINTS	support sprains
Day Hike	Vet Wrap	bandaging
Day Hike	Duct Tape	foot repair
Day Hike	Electrical Tape	various uses
Day Hike	Ace Bandage	support

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KIT TYPE	ITEM	USE
WOUNDS, GOUGES, SPRAINS/BREAKS		
Day Hike	Diapers	bandaging
Day Hike	Sanitary napkin	bandaging
Day Hike	Tampons	bandaging
Day Hike	Scissors	bandaging
Day Hike	Duct Tape	foot repair
Day Hike	Electrical Tape	various uses
Day Hike	Betadine	surgical scrub
Day Hike	Blood Stop	
Day Hike	Vet Wrap	bandaging
Day Hike	Silver Sulfadiazine 1%	wounds (vet)
SNAKE BITES/STINGS		
Day Hikes	small, large nose tubing(6"-8")	breathing
Day Hikes	Sudafed	breathing
Day Hikes	Benadryl	
GENERAL ACHES/PAINS		
Day Hikes	Aspirin	pain relief
Day Hikes	Arnica tablets	pain relief
Day Hikes	Ibuprofen	pain relief
Day Hikes	Tylenol	pain relief
Day Hikes	Instant cold pack	pain relief
Day Hikes	Meloxicam	pain relief
STOMACH ISSUES, POISONOUS PLANTS		
Day Hike	De-activated charcoal	digestive
Day Hike	Antacid	digestive
Day Hike	Pectin	digestive
EYE ISSUES		
Day Hike	Eye Wash	eye issues
Day hike	Squirt bottle(s)	eye/wound issues
LOWER FOOT INJURIES		
Day hike	Llama medical boot (small and/or large)	
PREDATORY ANIMALS		
Pepper spray, bear spray		
MISCELLANEOUS		
Surgical gloves, para-cord (rope), colorful neck gaiters, flagging		

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MEDICAL KIT SUGGESTIONS EXPEDITION OR MULTI-DAY HIKES

KIT TYPE (multi-day)	ITEM	USE
ABRASIONS/SMALL CUTS/HOT SPOTS		
Expedition	Band-Aids	small cuts
Expedition	Triple Anti-Biotic(Neosporin)	small cuts
Expedition	Super glue	small cuts
Expedition	Blister Pads	hot spots
Expedition	Iodine	cleanser
Expedition	Topical Sprays(Veterycin)	cleanser
WOUNDS, GOUGES, SPRAINS/BREAKS		
Expedition	Diapers	bandaging
Expedition	Sanitary napkin	bandaging
Expedition	Tampons	bandaging
Expedition	Duct Tape	foot repair
Expedition	Electrical Tape	various uses
Expedition	Betadine	surgical scrub
Expedition	Blood Stop	
Expedition	Vet Wrap	bandaging
Expedition	Silver Sulfadiazine 1%	wounds (vet)
Expedition	Scissors and Thread	wound treatment
SNAKE BITES/STINGS		
Expedition	small, large nose tubing(6"-8")	breathing
Expedition	Sudafed	breathing
Expedition	Benadryl	
GENERAL ACHES/PAINS		
Expedition	Aspirin	pain relief
Expedition	Arnica tablets	pain relief
Expedition	Ibuprofen	pain relief
Expedition	Tylenol	pain relief
Expedition	Instant cold pack	pain relief
Expedition	Meloxicam	pain relief



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MEDICAL KIT SUGGESTIONS EXPEDITION OR MULTI-DAY HIKES

SUPPORT/RESTRICT MOVEMENT

Expedition	SAM SPLINTS	support sprains
Expedition	Vet Wrap	bandaging
Expedition	Duct Tape	foot repair
Expedition	Electrical Tape	various uses
Expedition	Ace Bandage	support

STOMACH ISSUES, POISONOUS PLANTS

Expedition	De-activated charcoal	digestive
Expedition	Antacid	digestive
Expedition	Pectin	digestive
Expedition	Vinegar	digestive

EYE ISSUES

Expedition	Eye Wash	eye issues
Expedition	MSM drops	eye irritation
Expedition	Squirt bottle(s)	eye/wound issues

DEHYDRATION

Expedition	Salt and Soda	dehydration
Expedition	Bio-plasma tablets	dehydration
Expedition	Gatorade	dehydration

LOWER FOOT INJURIES

Expedition	Llama medical boot (small and/or large)	
Expedition	4 x 4 gauze pads	cut foot pads
Expedition	duct tape	cut foot pads

PREDATORY ANIMALS

Pepper spray, bear spray

MISCELLANEOUS

Surgical gloves, para-cord (rope), colorful neck gaiters, flagging, toe-nail clippers, small medical pamphlet