

First Aid in the Backcountry — Don't Leave Home Without

NWMTBCH
NORTHWEST
MONTANA
BACKCOUNTRY
HORSEMEN

Twelve things between you, your horse, and a bad day.

1 Top 6 for you — the human kit



1

Trauma bandage + tourniquet

Israeli emergency bandage and a CAT
tourniquet. For major bleeding.

Bleeding is the #1 preventable wilderness death.



2

SAM splint + triangular bandage

Moldable splint plus a cravat for slings,
swathes, and tying it all on.

Fractures and sprains far from the trailhead.



3

Wound kit

Irrigation syringe, gauze, antibiotic ointment,
butterfly closures, gloves.

Clean it well or it'll get worse — fast — out here.



4

Meds pouch

Ibuprofen, Benadryl (allergic reactions),
aspirin (suspected cardiac), your personal Rx.

*Wasps, bad knees, and old hearts don't wait for
the trailhead.*



5

Tape arsenal

Duct tape, Leukotape, moleskin. Blisters end
trips faster than weather.

If it tears, it can be taped.



6

Survival trio

Emergency mylar blanket, headlamp, fire
starter. Camp can happen anywhere.

Hypothermia is sneaky in summer too.

...and one for your horse.

TOP 6 — EQUINE KIT



1

Vetrap + Elastikon + gauze

Your bandaging core. Roll gauze, Vetrap, and
a roll of Elastikon.

*Wraps a leg, holds a dressing, wraps your wrist
too.*

2

Saline + irrigation syringe

Sterile saline (or boiled water in a pinch).
60cc catheter-tip syringe.

*Manure + dirt in a wound = infection. Flush,
flush, flush.*



3

Hoof pick + Easyboot

Hoof pick lives on you, not in the saddlebag.
Spare hoof boot for a pulled shoe.

*A pulled shoe ten miles in is a trip-ender without
a boot.*



4

Banamine paste

Vet-prescribed flunixin. For colic and fever.
Carry your vet's protocol.

*Colic is the #1 backcountry equine emergency.
Don't stack with bute.*



5

Duct tape + diaper

A baby diaper + duct tape = emergency hoof
bandage for an abscess or sole bruise.

Holds a poultice. Gets you home.



6

Stethoscope + thermometer

Know your horse's normal heart rate, temp,
and gut sounds *before* something's wrong.

"He's off" beats data — but data beats guessing.

Field reminders — when it actually happens

Suspected colic?

Walk the horse. No food. Call the
vet. Banamine per your vet's
protocol.

Bleeding hard?

Direct pressure for 10 full minutes.
Tourniquet if it won't stop.

Anaphylaxis?

Benadryl now, EpiPen if you carry
one, head out immediately.

Cold patient?

Dry layers, shelter, warm sugary
drinks. Not dead till warm and
dead.

A kit is gear. Skill is training. Get a Wilderness First Aid (WFA) course before next season. Banamine, Bute, and any human Rx require your veterinarian's or doctor's protocol — never stack NSAIDs.