

Horse and Human First Aid

From humans to horses, here's what should go into trail riding first aid kits.

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When it comes to first aid preparedness, humans aren't the only ones to consider. From scrapes to sprains, horses need emergency care, too. Experienced trail riders recommend assembling equine-friendly first aid kits and carry them in a saddlebag or other appropriate pouch. Here's what should go into a basic kit:

- Vetwrap
- Alcohol prep pads
- Antibiotic ointment
- Sterile gauze pads
- Bandaging tape
- Fine tooth comb
- Scissors
- Peroxide

Any group departing on a trail ride should have a first aid kit complete enough to address common minor injuries to riders, and small enough to fit in a saddlebag. Here is a list of kit contents for meeting basic first aid needs based on the Red Cross's recommendations:

- One box of adhesive bandages, various sizes
- One 5" x 9" sterile dressing
- One conforming gauze bandage roll
- Two triangular bandages
- Two 3 x 3 sterile gauze pads
- Two 4 x 4 sterile gauze pads
- One roll 3" cohesive bandage
- Two germicidal hand wipes or waterless alcohol-based hand sanitizer
- Antiseptic wipes
- Medical-grade non-latex gloves
- Adhesive tape, 2" wide
- Anti-bacterial ointment
- Cold pack
- Small scissors
- Tweezers
- CPR breathing barrier, such as a face shield