

YRQ First Aid Kit Requirements

The most common ailment in this race are:

Blisters. Blisters on hands, buttocks, lower back, feet, anywhere.

Prevention is better than cure: if you are prone to blisters tape before the race, but practice taping and practice paddling with taped hands.

make sure your seat fits.

Blisters on the hands are a real problem. One suggestion is to tape your hands, or wear gloves. But be careful: gloves can make your hands moister and more prone to blisters, and if they are not grippy can make you grip your paddle harder exacerbating an incipient repetitive strain injury. If you get blisters, you probably should lance the blisters (hence the required needle), cut the blister dressing to size and stick it to your hand. Or tape your hands, or whatever works for you: but be prepared for this almost inevitable problem.

Blisters where you sit can also be a race threatening problem. Better padding can help, as can lubricating ointment. Whatever works for you is good. Consider anything used for diaper-rash.

Repetitive strain injuries

Preventative measures: training! proper technique. For wrists, sports wrist supports/wraps may help both by supporting the wrist and keeping the wrist warm.

Anti-inflammatory medications may help, and pain killers may allow you to finish the race: but use care not to damage yourself permanently

(For kayakers) Chafing across lower back

Consider putting a bin bag over the back rest of your kayak seat to minimise rubbing.

This is a difficult problem to treat: some soothing, lubricating cream may help a bit, as will a non-stick pad attached to your lower back. If you anticipate this problem, have your support crew have the necessary dressings available for our first aid team to apply to you in Carmacks.

Intestinal problems

Proper posture can help with this: sit up straight! Hard advice for a two day canoe race, but it is sound advice. Also be careful about what food you take. See

<https://www.yukonriverquest.com/food-for-the-long-haul-to-dawson/> for advice

Simple indigestion can be a race killer if it prevents you eating the calories you need. And Diarrhea is obviously a problem.

IN WATERPROOF CONTAINER/BAG – One kit per Solo or Tandem Team. Voyageur teams must have at least 3 kits for the minimum 6 paddlers, and an additional kit for each additional pairs of paddlers. An 8-person team would need 4 kits, a 10 person team would need 5 kits, a 12-person team 6 kits, etc.

The following are required per kit and will be checked at Pre-Race Inspection: Mandatory items:

- 2 – 4×4 sterile gauze dressings
- 2 – 3×4 telfa pads (non stick burn pads)
- 1 roll 2” crepe bandage (or coadhesive bandage such as Vetwrap if you are confident you can use it right) Not gauze as it will turn into a soggy mess.
- assortment of waterproof adhesive bandages (Band-aids, Elastoplasts)
- Roll of 1” waterproof adhesive tape, or equivalent amount of duct tape
- 4 antiseptic wipes
- Blister dressing: 2 4”x4” Burn or bed sore dressings eg Duoderm Ultrathin, Spenco 2nd Skin, Dr. Scholl’s Blister Treatment
- Scissors
- Anti-chafing cream/ointment (eg. Nothing Butt, Body Glide, Sports Balm Chamois Balm)
- Needle or safety pin (should be sterile)

Suggested items:

- painkiller – eg Tylenol, ASA (Aspirin)
- anti-inflammatory – Naproxen, Ibuprofen
- Anti diarrheal medication eg loperamide (Imodium)
- Antacid (eg Gaviscon, Tums) and/or anti-gastroesophageal reflux (heart burn (eg. Pepcid)