



First Aid Items

Bandages:

- Elastic roll bandage
- Adhesive tape
- Adhesive bandages, assorted sizes
- Butterfly bandages
- Gauze pads
- New Skin in small plastic bottle; cuts, abrasions
- Moleskin and molefoam; blisters, irritation

Consumable Items:

- Alcohol swabs
- Antiseptic ointment
- Cotton swabs
- Hand sanitizer

Drugs:

- Antihistamine (Benadryl); allergic reactions, insomnia
- Anti-inflammatory (Ibuprofen); inflammation, pain
- Water treatment tablets

Other Gear:

- Safety pins
- Safety Scissors
- Tweezers
- Bulb irrigating syringe

Survival Items

- Emergency blanket
- Whistle
- Signaling mirror
- Compass
- Hot spark
- Waterproof matches
- Pocket knife

