

Personal First Aid Kit

You can easily buy a ready-made first aid kit from many different places: outdoor stores, pharmacies, or even Wal-Mart. Another option is choosing to make your own. If you choose that route, this may save some space in your pack. Make sure you are familiar with what you have and how to use everything in your first aid kit. However route you choose to go, here is a list of important items you should include.

Waterproof Container: (zip lock bag)

Plastic Gloves

Bandages: Elastic roll bandage, Triangular Bandage, Adhesive Tape, Gauze Pads, Butterfly Bandages,
Band-Aids (assorted sizes),

Moleskin / New Skin: for blisters, irritations and cuts/abrasions

Consumables: alcohol swabs, Antiseptic ointment, cold pack

Drugs: antihistamine (Benadryl), Tylenol/Ibuprofen,

Other Items: scissors, tweezers, safety pins, duck tape :), paper and pencil

For survival: **fire starter** (matches in waterproof container, dryer lint)
emergency blanket (Mylar blanket/space blanket)
signaling Device (Whistle or small mirror)
Rope/Cord (3-5 mm thin rope to tie things)

Pack Repair Kit

It is important to always be prepared for the worst! Here are some must-haves to take along so you are always prepared for anything.:

Duck tape (to repair...anything!)

Extra buckle

Sewing Needles and thread

Rubber bands

Safety Pins

1 Shoe lace

Small knife