

PERSONAL FIRST AID KIT

The list below is not intended to be all-inclusive, but rather a starter kit.
If everyone in a group of paddlers/ bikers or hikers carries the minimum, when combined there should be enough equipment/supplies to care for most common injuries.

Suggested contents

PERSONAL FIRST AID KIT

All should be carried in a waterproof box or bag.

- SMALL FIRST AID BOOK
- Single use BREATHING MASK
- 2" ELASTIC BANDAGE
- TRIANGLE BANDAGES (2)**
- NON-LATEX GLOVES
- 2" ROLLER GAUZE
- 4" ROLLER GAUZE
- SPACE BLANKET
- 4X4 GAUZE PADS
- BANDAIDS
- FIRST AID CREAM/TRIPLE ANTIBIOTIC
- INSTANT ICE PACK (1)
- 2" ADHESIVE TAPE
- MEDICATIONS
 - ASPIRIN
 - ACETOMINOPHEN
 - BENADRYL
 - PEPTO BISMOL
 - SUGAR PACKETS
- HAND SANITIZER/ WET WIPES

PLEASE NOTE: If you must take medications for a condition you should always carry at least one dose with you. (Ex: If you are allergic to bees, an Epi-Pen is a must.)