

First Aid Kit Essentials

Prevention Items:

- **Hand sanitizer** for sterilization and cleaning.
- **Lip balm & sunscreen** for sun protection.
- **Moleskin** for blister prevention + treatment.
- **Anti-Chafe** (Gold Bond powder, Body Glide, etc.)
- **Latex gloves** for sanitation when dealing with bodily fluids.

Pills:

- **Pain reliever** (Ibuprofen , Tylenol)
- **Antidiarrheal pills** (Imodium)
- **Laxative** (Senacot, etc.)
- **Allergy medication** for allergic reactions and to help sleep if needed. (Benadryl)

Bandages:

- **Band-aids** of a few different sizes for cuts.
- **Butterfly bandages** will help pull the skin together with deeper cuts.
- **Gauze pads** will help to cover larger scrapes.
- **Medical Tape** can be used to hold bandages in place.
- **Duct Tape** for blister prevention + treatment, and for splints.
- **Antibiotic ointment** for keeping cuts clean and helping them to heal quickly.

Extras:

- **Safety pins** are useful for a variety of situations, like fastening wrap around bandages and slings.
- **Small tweezers** will come in handy to remove ticks and splinters.
- **Personal medications.**
- **Elastic bandage** for sprains.