

## TINY FIRST AID KIT



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|----------------------------------|-----------------------------------|---------------------|
| 1. Plastic Bag                   | 5. Anti-Inflammatory/ Pain Relief | 9. Anti-Septic Wipe |
| 2. Duct Tape (2 ft) around Straw | 6. Anti-Diarrhea                  | 10. Tweezers        |
| 3. Baby Powder                   | 7. Needle and Dental Floss (2 ft) | 11. Band-Aids (4)   |
| 4. Cotton Pads (2 gauze)         | 8. Lip Balm                       |                     |

## How to Use This Kit:

- Scrapes, Cuts or Gashes. First use the anti-septic wipe to clean the wound. Then, depending on the size of the abrasion, place either the band aid or gauze and duct tape on top. In desperate cases, use the needle and floss to stitch a large gash.
- Aches or Muscle Inflammation. There are two types of over the counter pain relievers to choose from:
  - 1) acetaminophen (Tylenol) and 2) non-steroidal anti-inflammatory (Ibuprofen and Aspirin). Both have pros and cons. I have had several aches and pains as well as swollen knees and ankles on hikes. Therefore, I prefer Ibuprofen or Aspirin for the pain relief AND anti-inflammatory.
- Blisters or Chaffing. I usually use lip balm to grease up and reduce friction on the hot spots of my feet. Heels, in between toes, etc. On the contrary, baby powder is to dry out steamy 'under the garment' spots shall we say. Upgrade to the band aid or duct tape if needed.
- Diarrhea. Medication like Imodium.
- Splinters or Stings. Even a small splinter on your heel can make the hike miserable. Use the tweezers to dig in where your fingernails can not.