



(Adapted from the Red Cross Wilderness and Remote First Aid Manual)

First Aid Items (minimum quantities for trekking):

2 pr Surgical Gloves
Barrier Device (Pocket Mask)
Antiseptic wipes
Variety Adhesive Bandages
4 Sterile Gauze Pads
4 Triangular Bandages
2 Elastic Roller Bandage
Mole Skin (many)
Water Purification
Signal Mirror (Old CD)
Flagging Tape
Duct Tape
Safety Pins
Tweezers
Scissors
Foam Pad
Emergency Blanket
Sunscreen
Quick Sugars
Pencil
Note Pad
Pocket First Aid Manual

Optional:

Thermometer
Sam Splint
Flare Gun
Sunglasses
Mild biodegradable soap
Extra: Matches, Knife, Compass, Flashlight