

Backpacking First Aid Kit

Wilderness First Aid forms (see below)

Writing utensil (pencil)

Charged cell phone

Latex or nitrile exam gloves

Alcohol wipes

Antibiotic ointment

Bandaids assortment

Blister bandaids

Steri-strips

Moleskin/molefoam

2x2, 4x4 dressings

Roller gauze

Zonas tape (1.5-2")

Duct tape

Pain med

Back-up medications

Ear plugs

Ziplock bags

Ace bandage (2-3")

Tweezers

Scissors

Safety pin

Winter: Handwarmers

Desert: comb, needle-nosed pliers/multitool

Tick presence possible: Tick kit

First Aid Form:

http://angeles.sierraclub.org/sites/angeles.sierraclub.org/files/docs/Patient_Report.pdf

Mule Pack First Aid Kit

Wilderness First Aid forms

Writing utensil

Charged cell phone

First Aid Guidebook

Latex or nitrile exam gloves

Zonas tape (1.5-2")

1/2" tape

2x2, 4x4 dressings

Sanitary napkins

Roller gauze

Bandaids assortment

Blister bandaids

Alcohol wipes

Irrigation syringe

Antiseptic

Soap

Antibiotic ointment

Xeroform gauze

Steri-strips

Moleskin/molefoam

Cotton swabs

Tongue depressors

Hydrocortisone 1% cream

Aspirin

Acetaminophen

Ibuprofen

Diphenhydramine

Antacid tablets

Immodium AD

Laxative

Ziplock bags

Ace bandage 4"

Tweezers

Scissors

Safety pins

Thermometer

Sam splint

Triangle bandage