**PERSONAL FIRST AID KIT**

1. Moleskin or 2nd skin
2. A small tube of antiseptic or antibiotic ointment
3. Tweezers and Scissors
4. Adhesive Bandages (“Band-Aids”)
5. Gauze pads (3)
6. Tape – small role
7. Aloe Vera lotion or Burn treatment gel
8. Hand Sanitizer
9. Disposable Surgical Gloves
10. Mouth Barrier device for Rescue Breathing / CPR
11. Eye Protection / goggles
12. Pencil and paper

First Aid kits should ALWAYS keep handy – easy to reach and get to! NOT at the bottom of your pack!!

Did you know?:

The most common items you will use (and repeatedly) will be the gauze (something

to wipe up the bleeding, stop the bleeding, or cleanse the skin with) and then the

Band-Aids and tape.

First Aid kit inventory should be checked after EVERY camping trip.