

### First Aid Kits

Small First Aid Packing Kit (Sized to fit in a camelback-type pack):

Band-aids – Small strips to Large (4 x 4) sizes, Adhesive Wound Closure Strips	Tweezers and/or Small Forceps	Aspirin
4 x 4's, 2 x 2's, Preferably non-stick	At least one 18 ga. Needle or sewing needle	Sanitizer Towelettes and/or Alcohol Wipes
Sports Tape and/or Duct Tape	Lighter and/or waterproofed matches	Small Scissors
Moleskin	Water Purification tablets and/or Betadine/Iodine solution	Bacitracin/Neomycin type ointment. Ophthalmic is good as it can be used both in eyes and on open cuts elsewhere
2" or 3" Ace Wrap, Small Kerlix Bandage, 1 Cravat (Triangular Bandage)	Latex Gloves	Small Bottle of Wound-wash (if there's room)

Medium (small daypack size):

Above Kit – either packed separately as a “bag within a bag” or packed separately, Plus

Extra roll(s) of Sports Tape, Duct Tape and/or Nylon Tape	Self-Adhesive Wrap – small and medium	Medium Kerlix and/or additional 4 x 4's or gauze rolls	Cough Drops and/or syrup/expectorant
SAM splint Material	Small Sunscreen	Aloe Gel or sunburn gel	Packet of rehydration mix, or sugar/salt
Preventative or vitamin-type lozenges	Abdominal –Size Dressing	Cold or Heat packs (personal preference, I wouldn't waste the weight for medium size kit)	Cold/Flu Capsules
Extra Cravats	Vaseline-Occlusive Dressing	Aluminum Finger Splint (personal preference)	Medium Bottle of Wound-Wash
Syringe for wound cleaning	Mouth-to-Mouth barrier device	Triple Antibiotic ointment	Lip Balm, Anti-chafing gel
Anti-Diarrheal & Laxative	Extra 3" Ace Wraps, at least one 4" Ace Wrap	Scalpel Blades (# 11 and #12), Handle if room	

Large (for Car or Home – Gym bag size):

Same as Medium, but more of all supplies, plus full-size splints, personal preference extras (for example: herbs, vitamins, extra water purification tabs, extra cold packs, etc.)