

# **WILDERNESS FIRST AID SUPPLIES**

(updated 1/25/23)

## **ALL HIKES**

Cell Phone and/or GPS Device	Band-Aids
Whistle	(2) Large 4" x 3"
Notebook & Pen	(2) Regular size strips
Reading Glasses??	(2) Small Butterfly
Extra Water	Sterile Gauze Pads
Small Knife or Scissors	(2) 4" x 4"
Tweezers	(2) 2" x 2"
Roll of Self Adherent Elastic Bandage	4x4 Hemostatic gauze (order from SAM Medical)
Moleskin 2" x 3" piece	Alcohol Wipes
Comb (lift type with handle)	Triangular Sling
Small Roll of Duct Tape	2 Safety Pins
2 Pair Latex Gloves	SAM Splint 36" flat fold
Mission Endura Cool Gaiter (Amazon)	

## **Medications:**

- 1 Package of Gatorade or Electrolyte Powder (Dehydration)
- GU or Energy Gel (Diabetic/Exhaustion)
- (1) 325 mg non-enteric coated aspirin (Chest pain)
- (2) 25 mg Diphenhydramine (Benadryl) (Allergy)
- (2) 650mg Tylenol (Injury related pain)

## **OPTIONAL FOR LONGER HIKES**

Waterproof Compressible Windbreaker  
Headlamp  
Space Blanket  
Signal Mirror  
Waterproof Matches or Lighter  
Portable Cell Phone Charge  
Personal Locator Device

