

## First Aid Kit, Hiking

- Light weight container (box, bag, etc.)
- Absorbent Compress dressing/gauze
- Moleskin for blister treatment and prevention
- Adhesive bandages (assorted sizes)
- Blanket (super light and compact space blanket)
- Over the counter medications in minimum quantities (use tiny jewelry baggies to pack single doses and eliminate bulky bottles)
  - Aspirin/Regular Strength Pain Medication/Anti-inflammatory painkillers
  - Antihistamine/Benadryl
  - Anti diarrhea medication
  - Etc.
- Epinephrine auto injector (EpiPen)
- Antiseptic/Antibiotic Ointment
- Individually wrapped antiseptic wipes
- Compact section of duct tape

