

First Aid Kit, Waterproof

- Light weight container (Dry Bag or Dry Box)
- Absorbent Compress dressing/gauze
- Moleskin for blister treatment and prevention
- Waterproof adhesive bandages (assorted sizes)
- Chamois or compact swimmer's towel
- 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

