

PERSONAL FIRST AID KIT SUGGESTED INVENTORY

Source:

AMC's Complete Guide to Trail Building and Maintenance 4th Edition

- 1 package moleskin or molefoam
- Aspirin or ibuprofen
- 1 triangle bandage and safety pins
- Assorted Band-Aids
- 1 Ace bandage
- 3, 4-inch-by-4-inch gauze dressings
- 1 roll of tape or Kling bandage
- Gloves
- Pocket mask
- Antihistamine capsules
- Iodine antiseptic or iodine antiseptic wipes
- Shears or scissors
- Tweezers or “tick spoon”