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First Aid Kit Checklist (recommended)

(This list is only a guide to help you with your first aid kit selection. You should not rely solely on the items listed here. Choose your items based on the environment you're traveling in and the duration of your trip. Take into consideration personal medications).

- Band aids
- Roll Adhesive Tape
- Alcohol Swabs
- 4" Square Gauze Pads
- Gauze Roll 1" Wide
- Moleskin
- Tensor Bandage
- Latex Gloves
- Q-Tips
- Safety Pins
- Scissors
- Tweezers
- Matches
- Disinfecting Soap
- Polysporin
- Pain Killer
- Antihistamine (Benadryl)
- Orajel
- Laxative
- Cold/Cough Medication
- Disposable Razor
- Duct Tape
- Anti-Inflammatory