

General Items for all trips, day hikes and backpacks Prepared by Cindy McJunkin

Nylon cord with carabineer

Clorox in vial and dropper for application

Headlamps, one per person

Small flashlight with bright beam

Matches and lighter

Spare batteries for headlamp and flashlight

Spot satellite signal

Earplugs

Aquamira drops

Whistle

Knife

Compass, add appropriate map

Ground barrier (raincoat or tyvek)

Bit of soap

Bandanna

Coated rubber bands

Emergency contact information

Advanced Wilderness Life Support reference guide

Pen and paper

Meds

Lots of Ibuprofen

Hydrocortisone cream

“Stingkill” swabs, with benzocaine and menthol

Benadryl (Diphenhydramine)

Loperamide HCL (relief of diarrhea)

Tylenol

Roloids

Aspirin

Excedrin

Epinephrine Twin injector, as given by prescription

Electrolyte tablets and packets of salt

Dressings

Single dose triple antibiotic packs

Betadine saturated 2 x 2 pads

2 x 2 gauze and 4 x 4 gauze

Bandaids strips

Steri-strips ½ inch by 4 inches

3 x 3 gauze sponges and dressings

3 x 3 blister and burn dressings (included only because they were given to me)

4 x 4 pieces of moleskin, varied thicknesses

One inch cloth tape

Elastikon tape, like what lab techs use after drawing blood

Duct tape (duck?)

Safety pins

Other

cake decorating gel. 0.75 oz

ace bandage wrap

lubricant eye drops

10 cc syringe