**First Aid Kit Recommendations**

The size and type of your first aid kit will vary depending on your location, specific hazards and number of individuals in your group. Below are some general recommendations for you to consider:

Commercially Available kits:

**REI Backpacker Multiday First-Aid Kit (https://www.rei.com/)**

**NOLS Med Kit 4.0 or equivalent (**[**https://store.nols.edu**](https://store.nols.edu)**)**

**WEST MARINE 2.0 Medical Kit (http://www.westmarine.com/)**

* + - Wound Care/Burn/Blister
    - Bleeding/CPR
    - Fracture/Sprain
    - Medications
    - Instruments

**Personalize**

* + - First Aid Techniques
    - Field Plan with emergency contact numbers
    - Extra disposable gloves
    - Superglue
    - Glowstick
    - Earplugs
    - Field eyewash for dust, irritants (e.g. Ocufresh)
    - Technu outdoor skin cleanser (for poison oak)
    - Sunscreen
    - Oral rehydration salt
    - Honey or syrup packet
    - Lightweight Sam splint
    - Insect repellent
    - Lightweight emergency blanket (e.g. SOL)
    - Extra moleskin for blisters and hot spots
    - Extra Povidone iodine or Benzoin for wounds
    - Quickclot
    - Additional Medication and Instruments
    - Other items to address specific hazards