

What info and safety equipment to carry

- Emergency contact info and primary healthcare provider for each family member
- Local emergency service numbers
- Poison control numbers
- Medical history forms for each person in your group
- Waterproof headlamp/light
- Waterproof notepad and writing utensil.
- Sharpie
- Waterproof matches
- Cell phone with solar charger
- SOS device (SPOT, Garmin in reach)

What to carry in your first aid kit

- 1 week of personal medications
- Rescue medications epi pen, inhaler
- Adhesive tape
- Coban
- Steri-strips
- Super glue
- Tourniquet
- Band aids of different sizes
- Large triangle bandage
- Splint (Sam or RISE)
- Instant cold packs
- Hot hands large size
- Q-tips
- Non latex gloves
- Duct tape
- Vaseline
- Scissors/ tweezers
- Hand sanitizer
- Antibiotic ointment
- Alcohol swabs
- Thermometer
- Airway barrier, one way valve
- Water purification method
- Sting relief kit
- 3 or more emergency blankets
- First aid manual

Medications to carry:

- Aloe vera
- Anti itch cream
- Insect repellent
- Sunscreen
- Imodium
- Laxative
- Antacids
- Antihistamine (Benadryl)
- Cold/cough meds
- Pain relievers
- Pamprin or Midol
- Glucose gel
- Electrolyte packs
- Oxygen canisters (depending on your medical conditions and need)

Trauma add-ons

- Nasopharyngeal airways (NPAs)
- Oropharyngeal airways (OPAs)
- Trauma scissors
- 1 additional tourniquet then what's in your first aid kit
- 1-2 pressure packing dressings
- 2 hemostatic/clotting dressings
- 2 open chest seals
- 2 closed chest seals
- 3 gauze rolls

The kit we carry is a combination of first aid and trauma so it's a all around use kit there is a full list with links on our amazon affiliates page on our website .

Any questions about kit builds message us on the website.