How-to Series

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What to Put in your First Aid Kit

First Aid Kit:

- ☐ Band aids, assorted sizes
- ☐ Antiseptic wipes
- ☐ Antibiotic ointment
- ☐ Antihistamine
- ☐ Moleskin or duct tape for blisters
- ☐ Aspirin, ibuprofen or acetaminophen
- ☐ Antacid tablets
- ☐ Tweezers
- ☐ Hand sanitizer
- ☐ Safety pins
- ☐ Medical tape
- ☐ Gauze
- ☐ Insect sting relief
- ☐ ACE bandage
- ☐ Aloe gel
- ☐ Map of area
- ☐ Signaling device or whistle
- ☐ Sunscreen