



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