



How-to Series
www.vtstateparks.com/howto

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