

First Aid Kit

A first aid kit is an essential part of your hiking gear. A first aid kit can either be bought prepackaged or you can create and organize your own kit.

Survival blanket

Adhesive tape

Eye drops

Latex gloves

Malleable splint

Pain relievers

Gauze roll

Antihistamines

Bandages

Oral rehydration salt

Compress

Personal medications

Band aid

Betadine

Thermometer

▼ Don't forget to let someone know your plans before you go.

