

FIRST AID SUPPLY CHART

Outdoor Adventure Essentials

Kit ID: _____

WOUND CARE

Adhesive Bandages (Assorted) *x20*

Sterile Gauze Pads (4x4) *x5*

Medical Tape (Roll) *x1*

Antiseptic Wipes *x10*

Butterfly Closures *x6*

MEDICATION

Ibuprofen / Pain Relief *x10*

Antihistamines *x5*

Antidiarrheal *x4*

Hydrocortisone Cream *x2*

INSTRUMENTS

Trauma Shears *x1*

Fine-tip Tweezers *x1*

Safety Pins *x4*

Nitrile Gloves *x2 pr*

SURVIVAL & EMERGENCY

Emergency Mylar Blanket *x1*

Triangular Bandage *x1*

Electrolyte Powder *x3*

Whistle *x1*

NOTES / EXPIRATION DATES