

## Wound Care:

- Adhesive Bandages (various sizes)
- Sterile Gauze Pads & Medical Tape
- Butterfly Closures (for deep cuts)
- Antiseptic Wipes & Hydrogen Peroxide
- Antibiotic Ointment (Neosporin or similar)
- Tweezers (for splinters/ticks)
- Scissors (for cutting tape, gauze, or clothing)

## Pain and Allergy Relief:

- Ibuprofen or Acetaminophen (pain relief)
- Antihistamines (Benadryl for allergic reactions)
- Hydrocortisone Cream (for bug bites, rashes)
- Electrolyte Powder (for dehydration)

## Emergency Care:

- CPR Face Shield (for rescue breathing)
- Disposable Gloves
- Instant Cold Pack
- Moleskin (for blisters)
- Burn Gel or Aloe Vera
- Emergency Blanket (for shock or cold weather)
- Medical Super Glue (for sealing small cuts)
- Eye Drops & Eye Wash
- Tick Removal Tool

## Medications & Personal Items:

- Prescription Medications (if applicable)
- Personal EpiPen (if allergic to insect stings or food)
- Spare Contacts/Glasses
- Lip Balm with SPF