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Note that this is for leaders to share with their participants. All leaders should be requiring participants to carry a personal first aid kit. They don't have to put their own together – a commercially prepared one would work just as well, such as Adventure Medical or REI brand kits.

## PERSONAL FIRST AID KIT CONTENTS (OUCH KIT)

- Hand sanitizer
- Face masks – disposable face masks (surgical style or KN95), but must bring enough to last the length of the trip
- Antiseptic wipes
- Antibiotic ointment
- Assorted bandaids
- 2 gauze bandages (2x3 or 4x4)
- Moleskin or other blister bandages
- Sunscreen (if you are prone to sunburn also bring sunburn relief, such as aloe vera cream)
- Over-the-Counter pain medications:
  - a. acetaminophen (Tylenol)
  - b. ibuprofen (Motrin), or naproxen (Aleve)
- Other over-the-counter medications to consider: (examples provided as suggestions only)
  - a. constipation (milk of magnesia, Dulcolax, etc)
  - b. heartburn (Tums, Mylanta)
  - c. anti-gas
  - d. decongestant
  - e. allergy medication (Claritin, Zyrtec)
- If you take prescription medications, make sure to bring enough to last the duration of the trip with a few extra.