

HIKE LEADER FIRST AID KIT

There are many things that could go into a first aid kit. However, weight and bulk are factors that we all must consider when packing for a hike. Any hiker who knows that he or she is allergic to bee stings should carry at least two epipens. These are prescription items, but can be a life saver in an emergency. Also, diabetics should be sure to carry any required medications and glucose. Every hiker should be prepared with bug spray, sunscreen, and water treatment tablets.

The following are other essential items:

- - Antiseptic such as Neosporin or Povidene
- - Band-Aids
- - Water-proof tape or athletic tape
- - Roll of gauze
- - Rubber gloves
- - Tweezers
- - Scissor or a knife
- - Benadryl capsules (for allergic reactions)
- - Sting Ease (for bee stings, ask the pharmacist)

In addition, you may want to consider the following:

- - Moleskin and/or callous cushions
- - Alcohol swabs
- - Small syringe (for irrigating scrapes and cuts)
- - Sterile pad or sponges
- - Triangular bandages (for slings)
- - Duct tape (many uses)
- - Medication for pain relief/anti-inflammatory (ibuprofen)
- - Medication for diarrhea (like Imodium) and nausea (pepto tablets)
- - Medication for heart attack (aspirin)
- - Space blanket
- - Safety pins

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