



FIRST AID KIT

- Tylenol/Ibuprofen (adult and infant)
- Aspirin
- Children's Liquid Benadryl
- Aloe Vera
- Daily Vitamins
- Prescription Meds (Bring Extra)
- Blister BandAids
- Butterfly BandAids
- BandAids
- Maxi Pads (as Bandage)
- Triple Antibiotic Ointment
- Superglue (Can be used on cuts or hot spots)
- Iodine
- Hydrocortisone
- Duct Tape (for blisters)
- Foot Powder or Friction Blister Block Stick
- Space Blanket
- Pen Flare
- Afterbite
- Tweezers
- Fingernail Clipper
- Ace Bandage
- Safety Pin
- SPF Chapstick