

Rea. 7b-

# YOUR PERSONAL FIRST-AID KIT!

## CARRYING A FEW

first-aid items on every hike not only helps you treat minor ailments like blisters and scratches, but it also helps you provide early medical care for more serious emergencies until help arrives.

- Six adhesive bandages
- Two 3-by-3-inch (or 4-by-4) sterile gauze pads
- Small roll of adhesive tape
- 3-by-6-inch piece of moleskin
- Small bar of soap or bottle of alcohol-based hand-sanitizing gel
- Small tube of triple antibiotic ointment
- Pair of scissors
- Pair of nonlatex gloves
- CPR breathing barrier
- Pencil and paper for documenting symptoms and treatments



Bring your own  
next meeting!!!