

ULTRALIGHT



FIRST AID

*Checklist*

No matter if you're heading out for a dayhike or a multi-day hike, you still need to ensure you have a small first aid kit available in case of an emergency. This is a bare minimum kit for the Ultralight Hiker. Your kit should be compact, put into a waterproof pouch and checked before every hike.

- Assorted Band Aids
- Pain Relievers
- Antiseptic Cream
- Antiseptic Wipes
- Insect repellent
- Antihistamine
- Lighter / Matches
- Tweezers
- Duck Tape
- Splinter Prick
- Cotton Pads
- Lip Balm
- Sunscreen
- Safety Pin
- Cotton Tips
- Small roll of tape for blisters / hot spots