



FIRST AID CHECKLIST

ULTRALIGHT



No matter if you're heading out for a day hike 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 and put into a waterproof wallet/pouch.

BASIC FIRST AID CHECKLIST

- Assorted Band Aids
- Small roll of tape for blisters / hot spots
- Pain relievers
- Antiseptic cream
- Insect repellent
- Antihistamine
- Lighter/Matches
- Tweezers

Remember always let someone know before you go!!