

## First Aid Kit (Personal)

### General

Small trauma shears  
Tweezers/Magnifying glass  
Small reflective mirror  
Ziploc with 5 pairs of gloves  
Red Bag trash  
Small compass  
SOAP Note/Pencil/Pen

### Meds

Loperamide (immodium) 8 tablets  
Baby Aspirin (for chest pain—8 tablets)  
Ibuprofen (for me)  
Benadryl (8 x 25 mg tablets)  
Epi-Pen (when needed)  
1 tube Glucose Paste

### Blister/Bleeding

Small ziploc with assorted band-aids  
Ziploc with 4- 4x4 and 4- 2x2 sterile gauze  
2 non-adhesive trauma pads  
1 triangular bandage  
1 roll 'Kerlex' or 'Cling' type ace wrap  
2 small tape rolls (medical tape, waterproof)  
Duct tape  
Moleskin/Molefoam whichever you prefer  
Band-Aid gel cushions for blisters  
Large 'heel pad' band-aids to cover moleskin