

Sample First Aid + Survival Kits

First Aid:

2-3 pairs of Rubber Gloves
Small Scissors
Tweezers
Fingernail Clippers
Thermometer
Moleskin / Molefoam, or Large and Small Corn Pads
2 Large Cravat Bandages or Large Bandanas
1 Roll of Waterproof Adhesive Tape
1 Roll of 4" Elastic Kling Rap
6 3-4" Gauze Pads
1 Roll of 3-4" Gauze
10 1" Adhesive Bandages plus assorted small ones, a couple of each
Mouth Barrier for CPR
1 Tube of Antiseptic or 6 Antiseptic wipes
1 Small Bar or Bottle of Antibacterial Soap (Waterless is a good choice)
Buffered Aspirin (at least 2 for a Heart Attack)
Sunburn Cream or Aloe Vera
Anti Itch Cream
6 Safety Pins, assorted sizes
Waterproof Matches or Lighter
Pencil and Paper
Pocket Reference Guide for First Aid
Soup or Drink Mix
4 Quarters for Phone calls or Shower
Personal Medications for Allergies or Ailments, Pain Meds-Aspirin, Tylenol etc., Antacids-Tums, Roloids etc., Diaphrea-Pepto Bismol, Immodium AD etc. Allergies-Benedryll, Dimetapp, Inhalers etc.
Goggles or Glasses for Eye Protection
Rubber Bands

Survival:

1-2 pairs of Rubber Gloves
2 Large Trash Bags
2-Emergency Space Blanket (1 Flat and 1 Bag Type)
High Energy Snack (Jello or High Sugar Drink Mix, Energy Jell or Bar)
2-4 Soup or Boullin packets
Lighter or Waterproof Matches
Emergency Fire Starter (Flint + Steel, Magnesium, Fuel Bars, Dryer Lint, Slivers of Rubber, Steel Wool)
Extra Knife or Utility Tool
Plastic Whistle (Flute Type with no Ball)
Spare Bulb and Batteries for your Flashlight, or Spare Flashlight
2 Long Life Candles or 12 Hour Glow-Sticks
Signal Mirror
Buffered Aspirin (at least 2)
Small Sampling of First Aid Items
Needle and Thread (Thin Fishing Line)
3 Small Fish Hooks
Water Purification Tablets or Liquid Suitable for yourself
Rubber Repair Kit
Pocket Reference Guide for Wilderness Survival
4 Quarters
Extra Mantles if you are using a Lantern
Ear Plugs
Safety Pins
Rubber Bands
Dust Mask
Toilet Paper or Kleenex
Duct Tape (can be used in place of First Aid Tape and many other Repairs)

Other Survival Gear for your Backpack:

Metal Cup
Map and Compass
Flashlight
Knit Hat, Mittens or Gloves
Rain Gear (Jacket and Pants)
Insect Repellant
Sunblock
Chapstick
50' Parachute Cord or Nylon Rope