



Backpacker First Aid Kit

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One of the most important pieces of gear to have with you while you're hiking or camping is a good first aid kit. You never know what's going to happen, and it's always good to have the bandages and equipment to care for everything from small cuts to emergencies. But, we all know how important space and weight is in a backpack, so it is equally important for first aid kits to be as compact as possible.

Recently I have been in need of a good kit for my backpack and tacklebox. In the past I'd carried a military-style kit, but it was hard to get into, and since I use a lot of bandages, I need my first aid kit to be as accessible as possible. So when I found the Backpacker First Aid Kit at Bass Pro Shops for \$16.99, I figured it wouldn't hurt me to do some upgrading.

The kit is approved by the Wilderness Medicine Institute and includes a very useful first aid booklet. It also contains the minimum required supplies for treating field injuries, including materials to stop major bleeding.

So far, I've been lucky enough to not need the kit, but I'll be glad I have it when I do.



Check out what's inside the Backpacker First Aid Kit:

Personal:

Nitrile gloves (pair)

Essential tools:

Single edge razor blade

Splinter grabber forceps

Resealable waterproof bag

Two safety pins

Wound treatment:

Triple antibiotic ointment

Betadine iodine ointment

Two sterile wound closure strips

Three Antiseptic towelettes

Blister and burn treatment:

Two 2" x 3" moleskin

Bandage materials:

1" x 10yds cohesive gauze tape

Ten 1" x 3" fabric bandage

Four knuckle bandage

Four 3" x 3" sterile gauze pad

5" x 9" combine dressing

Two 3" x 4" non-adherent pads

Medications:

Two Tylenol (acetaminophen)

Two Advil (ibuprofen)

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