

Personal First Aid

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| ☐ 1 quart sized ziplock bag for kit | ☐ 1 single edged safety razor |
| ☐ 4 aspirin or ibuprofen tablets | ☐ 1 roller gauze bandage |
| ☐ 4 antihistamine tablets, diphenhydramine 25mg | ☐ 2 large safety pins |
| ☐ 4 antacid tablets | ☐ 1 pair forceps or tweezers |
| ☐ 2 antiseptic cleansing pads | ☐ 1 moleskin |
| ☐ 1 antiseptic ointment | ☐ 2 pairs nitrile or latex exam gloves |
| ☐ 6 various sizes of Band-Aids | ☐ 1 clean towlette |
| ☐ 1 pair trauma shears | |

Improvisation/Survival Kit

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| ☐ 5-10 feet of woven steel wire | ☐ 5-10 feet duct tape |
| ☐ 8 plastic zip ties | ☐ 1 large leaf bag (trash bag) |
| ☐ 50 feet nylon twine or small cordage | ☐ 1 space type blanket or sleeping bag |
| ☐ 1 signaling mirror | ☐ 1 toilet paper or baby wipes |
| ☐ 1 long burning candle | ☐ 1 shelter material, 8x10 minimum |
| ☐ 8 matches in a waterproof container | ☐ 1 metal cup or pot |

Personal SAR Equipment

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| ☐ 1 pack, 1800 cubic inch (minimum) | ☐ 1 waterproof clothes bag |
| ☐ 2 water containers, >2 liters combined total | ☐ 1 extra set clothing for climate |
| ☐ 1 pad and pencil | ☐ 1 extra pair socks |
| ☐ 1 black or blue permanent marker | ☐ 1 durable rain gear |
| ☐ 1 orienteering compass | ☐ 1 durable gloves, leather palm |
| ☐ 1 pair clear goggles or other eye protection | ☐ 1 whistle |
| ☐ 1 roll flagging or surveyor tape | ☐ 1 insect repellent |
| ☐ 1 measuring device, 18 in. minimum | ☐ 1 lip balm |
| ☐ 1 tracking stick, minimum of 42" long | ☐ 1 sunscreen lotion |
| ☐ 1 1" tubular webbing (length suitable for harness) | ☐ 1 watch |
| ☐ 2 prussik slings (suitable for 8mm to 11mm rope) | ☐ 1 multi-purpose tool |
| ☐ 2 operable light sources, flashlight or headlamp | ☐ 2 locking carabiners |
| ☐ 4 zip lock bags | ☐ 1:24,000 scale grid reference tool |