

Glen's First Aid and Repair/Emergency Kit

Revised August 30, 2019

<i>Description</i>	<i>Use</i>	<i>in pack (oz.)</i>	<i>consume (oz.)</i>	<i>Total</i>
Wound Care				
Omnifix - 7"	blister prevention	0,10		
Kinesio tape - 2"	blister prevention	0,03		
Compeed medium - 2	blister prevention	0,22		
Bandaid medium adhesive strip	wound care	0,03		
ChitoSAM	hemostatic dressing	0,21		
Wound closures - 5	wound care	0,03		
Tagaderm Film - 2	wound coverage	0,17		
Bacitracin ointment - foil packet	anti bacterial	0,05		
Hydrocortisone 1% - foil packet	anti-itch	0,05		
Burn gel	burn treatment	0,04		
Mini tweezer	splinters, ticks	0,02		
mini ziploc	for opened ointment packs	0,01		
Smelly Proof 3 x 4	organization - bandages	0,10		
Subtotal blister and wound care		1,06		1,06
Medications				
Benadryl - 2 25 mg tabs (2 packets)	allergy	0,08		
Immodium - 2 doses in foil pkgs	anti-diarrheal	0,05		
Tums - 3 tabs in mini ziploc	stomach upset	0,29		
Gas-X - 1 strip	stomach upset	0,04		
Valtrex - 4 tabs in mini ziploc	prescription meds for fever blisters	0,22		
Excedrin - 6 caps in mini ziploc	altitude headaches		0,15	
Aspirin - 2 tabs in foil packet	heart	0,04		
Tylenol PM - 12 tabs in mini ziploc	thin sleeping pad equalizer		0,36	
Subtotal medications		0,72	0,51	1,23
Smelly Proof 4 x 6 case for first aid and repair/emergency		0,17		
Total First Aid		1,95	0,51	2,46
Repair/Emergency				
Krazy glue mini	emergency repair, also wound closure	0,09		
Sparker	emergency fire starting	0,19		
Tinder	emergency fire starting	0,02		
Smelly Proof 3 x 3	extra waterproofing for fire starting	0,06		
SOL mini mirror	emergency signalling, tick checks	0,30		
Needle and thread	emergency repair	0,01		
Safety pins (2)	emergency repair	0,03		
Duct tape - 6"	repair	0,10		
Tenacious Tape - 6"	repair	0,16		
Total Repair/Emergency		0,96		0,96