

General	
First aid manual	<input type="checkbox"/>
Personal information	<input type="checkbox"/>
Emergency contact info.	<input type="checkbox"/>
Notepad/pen	<input type="checkbox"/>
Sun cream	<input type="checkbox"/>
Sun screen (for lips)	<input type="checkbox"/>
Insect repellent	<input type="checkbox"/>
Aspirin/Ibuprofen/Paracetamol	<input type="checkbox"/>
Tweezers	<input type="checkbox"/>
String	<input type="checkbox"/>
Tissues	<input type="checkbox"/>
Small bottle of water	<input type="checkbox"/>
Coins for emergency phone calls	<input type="checkbox"/>
Small flashlight	<input type="checkbox"/>
Antibacterial handwash	<input type="checkbox"/>
Thermometer	<input type="checkbox"/>
Eye drops	<input type="checkbox"/>
Plastic bags	<input type="checkbox"/>
Nail clippers	<input type="checkbox"/>
Small mirror / dental mirror	<input type="checkbox"/>

Personal Medications (enter here)	
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More Advanced	
Sterile compresses	<input type="checkbox"/>
Splinting materials	<input type="checkbox"/>
Heat/cold packs	<input type="checkbox"/>
Twine	<input type="checkbox"/>
Mole skin for blisters	<input type="checkbox"/>
Ipecac	<input type="checkbox"/>
Bee sting kit	<input type="checkbox"/>
Poison ivy cream/cleansers	<input type="checkbox"/>
Anti-acids (Tums, Rolaides)	<input type="checkbox"/>
Antibiotic cream	<input type="checkbox"/>
Hydrogen Peroxide	<input type="checkbox"/>
Snake bite kit	<input type="checkbox"/>
Burn ointment	<input type="checkbox"/>

Which of these you take will depend on where you are travelling to, what the facilities are and how remote you will be

Wound Dressing	
Roll bandages	<input type="checkbox"/>
Triangular bandages	<input type="checkbox"/>
Adhesive tape	<input type="checkbox"/>
Antiseptic wipes	<input type="checkbox"/>
Sterile gauze pads	<input type="checkbox"/>
Cotton swabs	<input type="checkbox"/>
Safety pins	<input type="checkbox"/>
Scissors	<input type="checkbox"/>
Misc. Band Aids/plasters	<input type="checkbox"/>
Latex gloves	<input type="checkbox"/>
Blanket	<input type="checkbox"/>

Other	
	<input type="checkbox"/>
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