

First Aid Bag

Every hiker is required to carry a first aid kit. This will assist in minimizing close contact on the trail. If a second pair hands is needed please remember to wear your mask and gloves.

What should you have in your kit?

:Gloves

:Hand Sanitizer

:Disinfectant wipes

:Ice pack

:Band-aids

:Tweezer & small comb

:Gauze pads, Tape

:Medications (Ibuprofen,Acetaminophen,Aspirin,Antacid,Benadryl ,Antibiotic ointment,)

:Personal Prescription Medications (glucose, epipen, nitroglycerin)

You can make your own bag or purchase one.

REI has a couple of small ones that are affordable and well organized.

<https://www.rei.com/product/132219/hart-outdoor-day-hike-first-aid-kit>

<https://www.rei.com/product/113005/adventure-medical-kits-mountain-series-day-tripper-lite-medical-kit>

If you have any questions about first aid kits please feel free to contact me safety@scghikers.org