

WILD WOMAN COACHING

First-Aid Checklist

THE BASICS

- Antiseptic wipes
- Antibacterial ointment
- Assorted adhesive bandages
- Nonstick sterile pads
- Medical adhesive tape
- Blister treatment
- Ibuprofen/Aspirin
- Antihistamine to treat allergic reactions
- Antacid tablets
- Antidiarrheal medication
- Hand Sanitizer
- Hand Warmers
- Electrolytes
- Water-treatment tablets
- Insect repellent

TOOLS/SUPPLIES

- Knife (or multi-tool with knife)
- Medical gloves
- Sewing needle with heavy-duty thread
- Duct tape
- Paracord/rope
- Emergency heat-reflecting blanket
- Headlamp (preferred) or flashlight
- Whistle
- SOS device/Personal locator beacon