

## Core Hiking First Aid Kit

| Item                              | Quantity                    |
|-----------------------------------|-----------------------------|
| Adhesive bandages (various sizes) | 6–8                         |
| Gauze pads (sterile)              | 2–4                         |
| Medical tape (hypoallergenic)     | 1 small roll                |
| Antiseptic wipes                  | 4–6                         |
| Antibiotic ointment               | 1 small tube or 3–4 packets |
| Moleskin or blister pads          | 2–4 pieces                  |
| Small scissors                    | 1                           |
| Elastic bandage (ACE type)        | 1                           |
| Triangular bandage                | 1                           |
| Pain relievers                    | 6–8 tablets                 |
| Antihistamines                    | 2–4 tablets                 |
| Anti-diarrheal tablets            | 2–4                         |
| Electrolyte tablets/packets       | 2–4                         |
| Tweezers                          | 1                           |
| Safety pins                       | 2–3                         |
| Mini trauma shears                | 1                           |
| Nitrile gloves                    | 1–2 pairs                   |
| CPR face shield                   | 1                           |
| Waterproof pouch                  | 1                           |

For full details, visit: <https://adventureite.com/hiking/hiking-first-aid-kit/>

## Seasonal Add-Ons

| Item                        | Quantity                      |
|-----------------------------|-------------------------------|
| Spring: Tick remover tool   | 1                             |
| Spring: Insect repellent    | 1 small bottle or 10–12 wipes |
| Spring: Allergy medication  | 2–4 tablets                   |
| Spring: Rain cover for kit  | 1                             |
| Summer: Electrolyte tablets | 4–6                           |
| Summer: Aloe vera gel       | 1 small tube                  |
| Summer: Cooling towel       | 1                             |

|                                    |                |
|------------------------------------|----------------|
| Summer: Snake bite prevention gear | 1 pair gaiters |
| Fall: Warmth packs                 | 2–4            |
| Fall: Cold medication              | 2–4 tablets    |
| Fall: Space blanket                | 1              |
| Winter: Hand warmers               | 2–4            |
| Winter: Foot warmers               | 2–4            |
| Winter: Lip balm with SPF          | 1              |
| Winter: Frostbite cream            | 1 small tube   |
| Winter: Emergency bivy             | 1              |

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## Terrain-Specific Additions

| Item                                | Quantity      |
|-------------------------------------|---------------|
| Desert: Water purification tablets  | 6–8           |
| Desert: Aloe vera gel               | 1 small tube  |
| Desert: Electrolyte packets         | 4–6           |
| Desert: Duct tape                   | 2–3 ft        |
| Desert: Wide-brim hat or UV sleeves | 1 each        |
| Alpine: Blood oxygen monitor        | 1             |
| Alpine: High-energy snacks          | 2–3 servings  |
| Alpine: Hypothermia wrap            | 1             |
| Forest/Jungle: Insect netting       | 1             |
| Forest/Jungle: Antifungal cream     | 1 small tube  |
| Forest/Jungle: Waterproof matches   | 1 small pack  |
| Forest/Jungle: Whistle              | 1             |
| Coastal/Wet: Waterproof dressings   | 4–6           |
| Coastal/Wet: Anti-chafing balm      | 1 small stick |
| Coastal/Wet: Extra dry bags         | 1–2           |

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