

**Backcountry First Aid Kit**

Sorting Sheet

Stomach / Bowels		Pain Relief			Allergy / Congestion			Sterilization		General Items	
Pepto Bismol bismuth subsalicylate	Imodium AD loperamide	Advil / Motrin Ibuprophen	Tylenol acetaminophin	Vicodin hydrocodone	Benadryl diphenhydramine	Zyrtec cetirizine	Sudafed pseudoephedrine	Iodine tetraglycine hydroperiodide	Triple Antibiotic bacitracin	Rubber Gloves	Salt
2	2	14	4	2	14	4	4	12	1	2	1
			+ (4) asprin						+hydrocortisone		

- 1 Lighter
- 25+ feet Paracord
- 1 partial roll Electrical Tape
- 5-10ft Duct Tape
- 1 dependable Knife
- 1 Pen
- 3-6 sf Aluminum Foil
- 2+ Platic Bags
- 1 Ace Bandage

Note: Please consult a physician before taking any medication.

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