This table is designed to guide you in packing your first aid kit. It may not cover every item, and additional supplies may be necessary based on your personal needs and circumstances.

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| First Aid Essentials |
| First Aid  | Items | Check if in First Aid Kit |
| Wound Care | Adhesive bandages |  |
|  | Sterile gauze pads |  |
|  | Medical Tape |  |
|  | Antiseptic wipes |  |
|  | Antibacterial ointment |  |
|  | Moleskin or blister pads |  |
|  | Hydrogel pads |  |
|  | tweezers |  |
| Medications | Pain Relievers |  |
|  | Antihistamines |  |
|  | Anti-diarrheal medication |  |
|  | Motion Sickness tablets |  |
| Blister and Foot Care | Blister Prevention Tape  |  |
|  | Foot Powder |  |
| Emergency Items | Whistle |  |
|  | Compact emergency blanket |  |
| Miscellaneous Items | Sunscreen |  |
|  | Insect protection |  |
|  | Electrolyte tablets |  |
|  | Thermal blanket |  |
|  | Small scissors |  |
|  | Safety pins |  |
|  | Duct Tape |  |
|  | Medical Gloves |  |
|  | Anti-chafing balm |  |
| Additional Items as needed |  |  |
| Personal Prescription Medication |  |  |