2008 BBA Ultralight 10 Essentials + Suggested First Aid Kit

A small survival kit can contain items of great help in an emergency. The items listed below help maintain body warmth, establish geographical directions, provide quick energy, and signal a rescue party. The kit should be part of your personal gear so it will be with you at all times. To make certain the items stay dry, seal them in a plastic zip-lock bag. The ten essentials list here reflects the preference of the author. You may want to make up a different, but also valid list. You may want to include a ***Cell Phone*** *on this list. The ten essential plus items include:*

1 **Fire** (firestarter, waterproof matches or butane lighter)
2 **Emergency shelter** (tarp, tube tent, garbage bags, space blanket)
3 **Hydration** (extra water and 10 purification tablets)
4 **Navigation** (compass, map & GPS)
5 **Mirror** (for signaling or a piece of tin foil)
6 **Whistle**, plastic
7 **Insulation** (extra clothing, gloves, jacket, hat, insulate sit pad)
8 **Nutrition** (extra food, gels)
9 **Illumination** (LED headlamp, or flashlight)
10 **Sun protection** (Sunscreen SPF-30, lip balm, sunglasses)
11 **Repair kit** (Duct tape, pocket knife or multi-purpose tool)
12 **First Aid Kit** w/ bug repellent

- 2 Adhesive pads 2 ¼" x 3"
- 3 packets Triple Antibiotic ointment
- 2 Antiseptic towelettes
- 2 Tongue depressors/ Popsicle sticks
- 2 Telfa pads 3" x 4"
- 4 Imodium A-D
- 6 Aspirin or Ibuprofen
- 5 ea. Band-Aids; sm, med, lg, and butterfly strips
- Signal mirror
- 2 Pepcid antacid
- 2 Antihistamines
- 3 Throat lozenges
- Antifungal ointment
- 3 Safety pins
- 1ea. Sterile pads; 2x2, 4x4, 8x8
- 1pr. Latex gloves
- Small tube Vaseline for chaffing
- Blister kit/ or 1- 3.5 x 4" moleskin
- Ace elastic bandage

(Personal medications for ongoing medical conditions. It's your responsibility to ensure that you are properly medicated at all times)
(Female hygiene products)
(Prescription glasses, extra pair.

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