

## 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 1/4" 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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