

FIRST AID KIT

2 Antiseptic cleansing pads	Antiseptic Ointment
6 Band Aids, Various sizes	Moleskin, 2" X 4 "
Roller Bandage	2 Safety Pins, Large
4 Gauze Pads	1 Triangular Bandage
Tape, First Aid	Rubber Surgical Gloves, 2 pair
Personal Medication	

SURVIVAL KIT

Duct tape, 5-10 feet	Leaf Bag, Large
12 wooden waterproof matches	Match container, waterproof
1 Chemical Light Stick, green	50 feet nylon cord

SAR EQUIPMENT

Change of Socks	Flagging Tape, one roll
Flashlight w/red or blue lens and spare bulb and batteries	Spare flashlight, (penlight will do)
Insect Repellent	Lip Balm w/sunscreen
Tissue (toilet) paper	Sunscreen Lotion
4 moist towelettes, in foil wrapper	Work Gloves, leather
2 meals	Change for phone calls, calling card, or cell phone
Coat (in pack if not wearing it)	Shelter material 8' X 10' (spare poncho OK)
Poncho	Canteen(s) for 2 quarts of water
Compass pouch w/ compass with "glow-in the dark" dial	