

Personal First Aid

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| <input type="checkbox"/> 1 quart sized ziplock bag for kit | <input type="checkbox"/> 1 single edged safety razor |
| <input type="checkbox"/> 4 aspirin or ibuprofen tablets | <input type="checkbox"/> 1 roller gauze bandage |
| <input type="checkbox"/> 4 antihistamine tablets, diphenhydramine 25mg | <input type="checkbox"/> 2 large safety pins |
| <input type="checkbox"/> 4 antacid tablets | <input type="checkbox"/> 1 pair forceps or tweezers |
| <input type="checkbox"/> 2 antiseptic cleansing pads | <input type="checkbox"/> 1 moleskin |
| <input type="checkbox"/> 1 antiseptic ointment | <input type="checkbox"/> 2 pairs nitrile or latex exam gloves |
| <input type="checkbox"/> 6 various sizes of Band-Aids | <input type="checkbox"/> 1 clean towlette |
| <input type="checkbox"/> 1 pair trauma shears | |

Improvisation/Survival Kit

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| <input type="checkbox"/> 5-10 feet of woven steel wire | <input type="checkbox"/> 5-10 feet duct tape |
| <input type="checkbox"/> 8 plastic zip ties | <input type="checkbox"/> 1 large leaf bag (trash bag) |
| <input type="checkbox"/> 50 feet nylon twine or small cordage | <input type="checkbox"/> 1 space type blanket or sleeping bag |
| <input type="checkbox"/> 1 signaling mirror | <input type="checkbox"/> 1 toilet paper or baby wipes |
| <input type="checkbox"/> 1 long burning candle | <input type="checkbox"/> 1 shelter material, 8x10 minimum |
| <input type="checkbox"/> 8 matches in a waterproof container | <input type="checkbox"/> 1 metal cup or pot |

Personal SAR Equipment

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| <input type="checkbox"/> 1 pack, 1800 cubic inch (minimum) | <input type="checkbox"/> 1 waterproof clothes bag |
| <input type="checkbox"/> 2 water containers, >2 liters combined total | <input type="checkbox"/> 1 extra set clothing for climate |
| <input type="checkbox"/> 1 pad and pencil | <input type="checkbox"/> 1 extra pair socks |
| <input type="checkbox"/> 1 black or blue permanent marker | <input type="checkbox"/> 1 durable rain gear |
| <input type="checkbox"/> 1 orienteering compass | <input type="checkbox"/> 1 durable gloves, leather palm |
| <input type="checkbox"/> 1 pair clear goggles or other eye protection | <input type="checkbox"/> 1 whistle |
| <input type="checkbox"/> 1 roll flagging or surveyor tape | <input type="checkbox"/> 1 insect repellent |
| <input type="checkbox"/> 1 measuring device, 18 in. minimum | <input type="checkbox"/> 1 lip balm |
| <input type="checkbox"/> 1 tracking stick, minimum of 42" long | <input type="checkbox"/> 1 sunscreen lotion |
| <input type="checkbox"/> 1 1" tubular webbing (length suitable for harness) | <input type="checkbox"/> 1 watch |
| <input type="checkbox"/> 2 prussik slings (suitable for 8mm to 11mm rope) | <input type="checkbox"/> 1 multi-purpose tool |
| <input type="checkbox"/> 2 operable light sources, flashlight or headlamp | <input type="checkbox"/> 2 locking carabiners |
| <input type="checkbox"/> 4 zip lock bags | <input type="checkbox"/> 1:24,000 scale grid reference tool |