



# PERSONAL FIRST AID KIT

Every hiker should carry a small first aid kit. The kit should include the following supplies:

## BANDAGES

Of different size and shape.

## BLISTER PLASTERS

## RUBBING ALCOHOL PATCHES

Or a small spray bottle with disinfectant spray

## OINTMENT FOR BURNS

i.e. Burnshield or something similar, helps also with sunburns.

## ACTIVATED CARBON

For different digestive problems

## PAINKILLERS

i.e. ibuprofen or paracetamol

## ALLERGY MEDICATION

if necessary. Also helps to relieve itchiness and swelling caused by insect bites.

## NASAL SPRAY

Sleeping in small tent may cause your nose to become blocked.

## GINGENG, GUARANA OR COFFEINE

if you wish you, these may help you find motivation on tougher days

## MAGNESIUM AND WATER

After a hard day of hiking you may develop muscle cramps. Magnesium and water help to prevent this.

Try to pack as little as possible.  
You only need the essentials for a short hiking trip.