



ITEMS FOR YOUR WILDERNESS MEDICINE KIT

Worth carrying on every outdoor adventure!

- **Pain Control**
 - Acetaminophen or Ibuprofen
 - Lidocaine Patches
 - Compressive Bandage
 - Ice pack – can improvise with cold river water and bandana
- **GI Upset**
 - Pepto
 - TUMs
 - Antacids
 - Anti-diarrheal e.g. Imodium
- **Allergy / Asthma Medicines**
 - EpiPen
 - Albuterol Inhaler
 - Antihistamines
- **Prescription/Personal Medications**
- **YNP:**
 - Bear Spray
- **Extra Water**
 - For drinking or to wash out a wound
- **Extra Snacks**
- **Sunscreen/Chapstick with Sunscreen**
- **Hat/Gloves**
- **Extra Layer - Rain/Wind Layer**
- **Sunglasses**
- **Headlamp**
- **Multi-tool (Tweezers/Knife)**
- **Pen/Notebook**
- **First Aid**
 - Band-Aids including blister care
 - Gauze
 - One non-stick
 - Antibiotic Ointment
 - Tape - you can improvise a lot of things. Tape is not one of them



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AT YELLOWSTONE