

1. Some chest seal bandage and a "tourniquet";
2. band aids, some surgical tape, some 2 X2 gauze, and some steri-strips.
3. Garmin In-Reach or the SPOT beacon
4. triangular bandage,
5. duct tape,
6. super glue,
7. mummy style space blanket
8. Quick Clot bandage
9. Wilderness First Aid/Responder classes local to you
  - a. <https://www.wildmed.com/wilderness-medicine-search-rescue-training-schedule/>
  - b. <https://sierrarescue.com/course-info/wilderness-first-aid-courses/>
10. Personal Locator Beacon (ACR Rescue Link)
11. Solid boots that protect your feet and ankles,
12. Clothes that don't rip apart when caught on a snag,
13. Wound dressings, gauze (duct tape works well over gauze by the way, and over hot spots on your foot if a blister hasn't already developed),
14. anti-inflammatories,
15. lip balm, (useful for lots of things, even chaffing in other parts of your body),
16. tweezers for ticks or regular ones for splinters etc
17. few of those medicated wipes that come in sealed packages.
18. An ultralight silicone tarp, SOL bivy sack, some quality cord, your favourite snack mix (I make up my own from the bins at the grocery store), and a container to hold water,
19. General purpose knife and my "animal" knife as well as a sharpening device of some kind, (usually lightweight and diamond coated), and I take a kevlar glove for the hand that isn't holding that razor sharp knife. Smashed ribs can be very sharp as well, and hidden. If you want to keep the kevlar glove clean, very large latex gloves will fit over it. I also take a folding saw for bones.
20. I've carried the In Reach for five years.....it has a keyboard but is cumbersome unless you wish to blue tooth to your phone. The pre-arranged messages are a simple one button send. The In Reach is in my go-bag year around as I drive remote roads and mountain passes. I can go on a month long canoe trip without recharging The monthly fee is \$26.
21. Benedryl
22. como/locator, fire starters, signal mirror, strobe, water tabs, cordage
23. wood splinting, wrapping or air splinting. Air splints are not expensive and light weight, so add one to your kit.
24. Antiseptic salves for ticks and minor cuts.
25. Fire starter material - I use cross cut shredder material, some soaked in candle wax. Will light any time.
26. Small fire starter flares, literally the diameter size of Slim Jim about 6" long. They can start a fire and give off orange smoke. <http://www.orionsignals.com/product-groups/fire-starters/product/211.html>
27. Safety glasses are huge for hiking after dark thru heavy cover etc.

28. Trekking poles - instant 4WD for us 2 legged folks. You will be amazed at how much easier it is to go uphill or downhill with them especially carrying a load. Crossing a stream? Now easy button. Takes 10 years off your age for walking and just about anything else.
29. Its been mentioned a bunch but take a First Aid/CP course from the Red Cross or local educational institution. It is absolutely worth the time. Carry a CPR mouth protector for those times when you look at your buddy and realize a lip lock with him is a life long image that you may want to eliminate.
30. Roll aids, pepto bismal type products. Bad water even filtered can strike anytime anywhere.
31. Electrolyte powders such as Propel or Gatorade. Good for replenishing if you have bad water experience or even for muscle recovery.
32. Sun block
33. Mole skin for blisters foot or even shoulder from heavy packs
34. Camel back for water
35. magnesium fire starter with some dryer lint/newspaper for starter
36. some fuel sticks
37. mirror
38. rope
39. whistle
40. Remember anywhere you can feel a pulse is a pressure point to stop bleeding & practice on yourself to find these pressure/pulse points.
41. walkie talkies and batteries
42. bar of soap in a ziplock bag with water kills germs, cleans cuts and scrapes, helps stop minor bleeding and washes off plant and animal poisons, if used right now. Right now, even with unclean water!
43. Headlamp to keep hands free, batteries
44. Strobe
45. Fully charged phone
46. flashing red lamp,
47. boat style whistle,
48. signal mirror
49. .357 mag compact pistol in my outer jacket pocket
50. Mace spray
51. Space blanket for thermal protection