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Subject: : Gear Talk

Topic: : First Aid Kits

Re: First Aid Kits

Author: : dkile

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URL:

I've been wanting to do a blog post on this here is my setup:

I always carry a some sort of small first aid kit with me when fishing or even on short hikes. I do include a small whistle and waterproof matches, so it could kind of be considered to be a bit of a day survival kit too. It's not too often I'm in locations or conditions that I like to think I couldn't get out of in a few hours on my own.

Needless to say having a few items handy for those unexpected situations is good. Having them in a convenient container is even better. I have been using a small clear waterproof case that I found on Amazon. I actually can pack a fair amount in the case.

Waterproof Case - [Witz Keep-It Cleaner](#)

Whistle

Cash

Band aids

butterfly bandages

non-stick gauze pad

Alcohol swabs

Short pencil with medical tape wrapped around it

Safety pins

Benadryl

Ibuprofen

Water proof matches

Extra TP

Emergency contact phone number

Depending on the situation I'll carry these extra items in my fly fishing vest.

Pocket knife

paracord

Compass

Emergency blanket

Headlamp (always have this for evening fishing anyway)

