



## Mountain Biking & Hiking First Aid Kit



- BENGAY® Ultra Strength Cream
- Neosporin Antibiotic Ointment
- Benadryl anti-itch topical spray
- antihistamine and/or EpiPen
- aspirin/ibuprofen/naproxen
- insect sting reliever
- alcohol and/or alcohol wipes
  
- adhesive bandages, various sizes
- gauze roll
- gauze pads
- cloth or athletic tape
- moleskin (blisters)
- swabs
- elastic bandage
  
- trauma shears or pocket knife
- tweezers
- duct tape
- latex or nitrile gloves
- paper & pencil
- safety pins
- plastic bag