

Basic Reminders plus Hiking and First Aid Essentials



This section provides advice and recommendations for individual travelers. For a more detailed account of Genesis base-camp supplies, or to fill out a professional grade first aid response kit see our Comprehensive First Aid Kit instructions.

Cancellation (in case you get sick before you leave) **and evacuation** (if medical facilities are not available or questionable) **insurance is a good idea, especially if you are over 40.** Get your shots (some you should start 6 months ahead). Arrange any special diet, set-up your needs if disabled, be careful of the food and water, and plan if you are going to high elevations.

Photocopy all important documents (including medical, passport, licenses, phone numbers, permits, etc.) Leave one copy at home with a friend and take one copy with you to keep separate from originals (do not take originals unless required). Leave an itinerary, allow time to relax, and leave valuable jewelry, photographs, and sentimental objects at home. Be sure your immunizations are up to date, review your health insurance, buy trip insurance, and check your medications.

A routine care kit should include the following selections: pain medications, foot and blister care, tooth care, eye protection, throat lozenges, bandaids, gloves, tape and scissors, dressings, safety pins, steri strips, needles/tweezers, iodine, skin/wound ointments, antibiotics, and some respiratory / circulatory / intestinal medications. Refer specifically to the check-off listing below for selections.

GREEN indicates minimums in essentials and first aid. **RED** indicates preferred secondary essentials, while **PURPLE** indicates nice to have.

Basic Hiking Essentials

In addition to the routine care kit, it is assumed that the “ten+ essential categories” will always be carried for safety while hiking. For a reminder, they are the following:

1. **Water bottles** / jugs (3/4 -1 gal. per person per day). Plastic bottles are best with screw-on lids.
2. **Water purification** and/or chlorinating (Halazone tablets, Iodine tablets or crystals, filters, boiling, purifier). Note: When using water purification, do not forget to purify bottle rim and inside lid---swish with cap loose. Drinking water contaminated with soap causes diarrhea and other intestinal irritations. Rinse thoroughly.
3. **Topographical map** with case (magnifiers and trail guides helpful).
4. **Compass** with case (protect your compass).
5. **Whistle** and/or signal mirror.
6. **Emergency space blanket** / shelter tarp.
7. **Flashlight w/ extra batteries and bulb** / headlamp.
8. **Waterproof matches** / lighter w/ candle / heat tub.
9. **Pocketknife** w/ scissors, nail file, corkscrew, toothpick, and tweezers.
10. **Emergency rations** (can be dried fruits, nuts, power bars, etc.) w/ small utensil set. Note: Avoid food that will melt with heat.
11. **Insect repellent** / coils / candles. Note: Deet at 30-40% for skin, also available as 5% cream and/or 1% shampoo. Use Permethrin for cloth.
12. **Sunglasses** w/ strap and hat.
13. **Prescription and/or required medicines** (enough for the entire trip plus extras).



14. Sunscreen and lip balm (SPF 15 minimum).
15. Toilet paper w/ lighter and small trowel / tissues / Towelettes.
16. First Aid Kit w/ duct tape (small amount wrapped around a short pencil) / Routine Care Kit (please see expanded list below).

Plus: This check-off selection is to supplement the 10+ essential categories listed above.

- Flares / strobe.
- Powdered electrolyte (energy drink).
- Dental floss.
- Coins w/ small bills (for parking, shower, and telephone).
- Extra glasses / contacts.
- Toothpaste w/ Toothbrush.
- Moisturizers / hand creams.
- Razor w/ shaving cream.
- Comb / Brush.
- Small water tube (directs water) w/ cup.
- 50-100' Nylon cord.
- Deodorant w/ feminine hygiene.
- Q-tips (wood shaft does not get soggy and bend) / cotton swabs.
- Antibacterial soap (biodegradable) / shampoo.
- Eye drops / contact solutions.
- Handkerchief / Bandanna.
- Smallest solar shower.
- Hand towel / washcloth.

A Routine Care Kit

This kit is to be carried along with the essentials listed above (and assumes all the 'plus' items). For the best safety, each person should carry his or her own care kit and essentials.



The same color-coding applies from above. Any items and/or medications mentioned by name are not being promoted but, instead, stand for a generic selection.

Adjust quantities and make selections based on the following: your current health, mode of travel, destination, environment (including food and water sources), length of trip, expected activities, season, type of accommodation, and personal needs.

There is no perfect mix. This check-off selection is representative of items used in the field and is meant to be neither all-inclusive nor medically instructive. The choices are yours.

- Leatherman multipurpose tool or equivalent (SOG, Gerber, etc.). Micro size is nice.
- Suck-bulb syringe.
- Tweezers (splinters, ticks, cleaning tool).
- Small sharp scissors.
- First Aid Container, clearly marked (Harper, Consterra, etc.).
- Irrigation syringe for cleaning wounds (10cc - 60cc with tubing).
- Pocket mask with one way valve (CPR microshield) Laerdal is good.
- Dental Kit (tooth and filling repair like Cavit, Orabase, Orthodontic wax, Anbesol, Zilactin, or Numzit).
- Thermometers (hypo and hyper, digital).
- Very Small flashlight (extra batteries/bulb). Penlight OK.
- Calamine lotion / Ammonia for stings.
- Oral rehydration packets.
- Steri-strips (paper-sutures), microthin bandages like Tegaderm.
- 3" roller gauze (comes in various widths 1"- 4"; 2" is also popular).
- EMT scissors (3 sizes available) for trauma.
- Needle for splinters and/or cleaning.
- Safety pins, several (large and small).
- Latex surgical gloves, min. of 1 - 2 pairs, especially around blood.
- Sawyer Extractor.
- Zinc oxide for nose and lips.
- Blister Kit (suggest Second Skin made by Spenco, acts as a moist cushion, Also Compeed, 1 inch wide medicine tape, moleskin, and a needle).
- Cylume lights (at least 2, last 12 hrs. or longer).
- First Aid Guide for the untrained.
- Aerial flares (at least two).
- Cloth band-aides (large and small, assorted shapes, butterfly, knuckle, etc.).
- Combine Dressings.
- Zip-loc bags (Qt., Gal).
- Roll of 1" cloth tape.
- 4 x 4 Topper sponge (dressings).
- 4 X 4 gauze pad.
- 4" Ace bandage (can also get in various widths).

- Triangular bandages (at least two). Bandannas can also be used.
- Moleskin for padding (also makes molefoam).
- Wet-proof tape (various widths).
- Large trash bags, at least two (33 + gal. use as hypo pack, liner, rain coat, etc.).
- Anti-Bacterial ointment (Tribiotic, Neosporin, or others).
- Alcohol prep pads, sting-ease swabs, and sunburn creams.
- Hydrocortisone ointment (Cortaid, Anusol-HC).
- Oral glucose (Honey packets, cake icing, Insta-glucose).
- Pepto Bismol (do not use on anyone allergic to aspirin) follow with 'BRAT' diet of bananas, rice, applesauce and toast. Try ginger tablets.
- Ibuprofen (or other aspirin substitute such as Aleve, Advil, Motrin, Neprinor Medipren).
- Benadryl for insect stings, hives, hay fever, motion sickness, nausea, and induces sleep.
- Throat lozenges.
- Nasal spray such as Afrin.
- Laxatives (Colace-stool softener, Ex-Lax). Also, try [mineral oil](#) and Haley's MO.
- Tylenol (or Panadol, Datril, Bromo Seltzer, Anacin). No anti-inflammatory qualities.
- Non-sedating prescription histamines such as Alegra, Claritin, or Zyrtec.
- Power bars (or Gu, other energy rations, and use least favorite flavors so they last).
- SAM splint (can also get wire, etc.).
- Roll adhesive tape (athletic tape) use to break in new shoes, put on back of heel.
- Instacold and Instaheat compresses / packs.
- Injectable Epinephrine such as Anvakit, Guard, and Epi-pen for severe allergic reactions. Give Benadryl after shot.
- Betadine (or Bevizal, Konium, Benzoine, Providone) can be in swabs. 10%providone iodine solution.
- Antibiotic Eye drops and Eye wash (ok for contacts, do not use vasoconstrictors like Visine. Regular saline solution.
- Milk of Magnesia (or Maalox, Tums, Mylanta, Pepcid, Tagamet, Axid, and Zantac).
- Imodium AD (or Kaopectate, Benty). Try milder (like Pepto) first.
- Aspirin (Bayer, Bufferin, Ecotrin, or Empirin) taken with food helps minor pain, lowers fever, is an anti-inflammatory, and sunburn reliever. Buffering helps. It is also a blood thinner (**Do not give Aspirin to children**).
- Sleep aids (Benadryl, Excedrin PM, Tylenol PM).
- Anti-Nausea (Antivert-Meclozine, Antrizine, Bonine, Dramamine).
- Cold-Cough (Contact, Dristan, Deconamine-Sudafed, Allerest, Naspril, Chlor-Trimeton). For hay fever and cold symptoms (Sudafed Plus, Drixoral). Try decongestants that don't make you sleepy.

Note: Remember those larger sizes / widths can be cut down for smaller uses. Also, store in separate airtight [plastic containers](#) or Zip-loc bags. Print off labels for accurate information on all medications carried and a letter authorizing the use of restricted substances. Rx medications as MD recommends, plus vitamins / minerals required and have enough to last entire trip plus a possible delay.