

ROLL BAG 1		ROLL BAG 2	
Medical		Medical, Dental, Personal, and Preparedness	
Sterile Saline Eye wash	4 fluid ounces	Dental Floss	1 100m roll
Cold pack/compress	1	Toothbrush	2
Quick Clot bandage/mesh	1-2	Tweezers (best are Uncle Bill's and then a standard pair)	Tweezers
Israeli Battle Dressing	1	Powdered toothpaste	2 to 8 ounces
Iodine prep pads	8-12	Female personal hygiene items	Depends on life stage, family size
Alcohol pads	8-12	Fingernail clippers	1
Benzoin or iodine tincture	2-4	Tick twisters	Set of 2
Scapel	1	Paracord	50ft roff
Scissors, medical (EMT/trauma shears)	1	Firesteel of some kind	1 to 2
Athletic medical tape	1 roll	Wound salve	1 small container
Ace bandage	1	Burn salve	1 small container
Steri strips	2 sizes, 1 pack of each	Quick knife sharpener/sharpening stone	1
Burn gel	2-3	Gorilla tape	1 small roll
Burn dressing	1	EPI-pen of some kind	1 Optional
Combine ABD pads	6	D ring locking caribiner	2 Note, these are LIGHT DUTY - hanging food, lantern, etc.
Gauze	1 roll		
Kelly forceps	1		
Nitrile gloves	8		
Sterile towel drape	1		
Sugical sponges	4		
Bandaids	12 to 20 of various sizes	Also in vehicle or on person	
Bunyon pads	6	Multi-tool (I really like my Gerber, but Leatherman are great as well)	Bar of soap 2 small bars
Antibiotic ointment	4 or so small packages, 1 small tube	Pocket knife	Liquid soap 4 ounce
Aspirin, ibuprofen, benydryl, etc.	6-8 2 tablet individual packages of each	Flashlight and lantern (especially important during winter or longer trips)	Hand sanitizer 1 4 ounce Benefact spray
Oral rehydration salts	1-2	Headlamp with redlight (100x better than flashlight in so many situations)	2 is better than one!
Per person items		Basic Mora knife	
N95 masks	1 per person + 2 spare	1/2 gallon to 1 gallon of water per person	
Mylar emergency blanket	1 per 2 people	Emergency Cash	
		POM Personal defense spray	
		Optional small tool kit	
		Beef jerky	2 x 4 ounce packages
		Fruit and nut bars	6-12
		Rain jacket/poncho	2 or more
		Optional, depending on location	
		Compass	
		Topo map of area	