



# Safety First Checklist



## General

- Water bottles
- Snacks (Granola bars, trail mix)
- Warm blanket
- Flashlight
- Road flares
- Sunscreen
- Extra phone charger/USB cord
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- \_\_\_\_\_
- \_\_\_\_\_

## First-aid kit

- First-aid manual
- Gauze pads
- Adhesive tape
- Adhesive bandages
- Antiseptic wipes
- Hand soap
- Antibiotic cream
- Hydrogen peroxide
- Hydrocortisone cream
- Ibuprofen or other anti-inflammatory
- Scissors
- Safety pins
- Plastic gloves

