

Olivia Bag Medical Supplies

Item		Notes
<input type="checkbox"/>	Tampons	Useful for when mother nature surprises you or absorbing blood on major cuts.
<input type="checkbox"/>	Ace wrap	Twisted ankles, makeshift shoulder slings, a splint if necessary.
<input type="checkbox"/>	Gauze bandages	For semi-major cuts.
<input type="checkbox"/>	Tums, gas-x, chewable peptobismol	Indigestion, nausea, gas, etc. Tums can also be used to help restore electrolyte imbalances if you've been vomiting or hiked too hard.
<input type="checkbox"/>	Aspirin	Altitude sickness, bee-stings (get aspirin wet, put it right on the sting with a bandaid over it.
<input type="checkbox"/>	Acetaminophen	Pain-killer, fever-reducer, muscle-ache-minifier, migraine-medicine-maker.
<input type="checkbox"/>	Ibuprofen	Good for swelling, great pain-killer. I take some before I start down any hill
<input type="checkbox"/>	Caffeine	Migraines or for energy booster.
<input type="checkbox"/>	Mole-skin	Use for blisters, keep it on with duct tape.
<input type="checkbox"/>	Benadryl (diphenhydramine)	Insomnia, allergies, colds (runny noses), swelling from stings, etc. Dogs can also take diphenhydramine for allergic reactions, and hyper-activity (1mg per pound).
<input type="checkbox"/>	Glucose and electrolyte tabs	If you over exert yourself, glucose can help restore your blood sugar, electrolyte tabs can help restore the balance of electrolytes to help restore energy.
<input type="checkbox"/>	Cough drop	Sore throat.
<input type="checkbox"/>	Band-aids/steri-strips	For different size cuts.
<input type="checkbox"/>	Visine	Sand in the eye, or too much smoke around the campfire. Get one use packs.
<input type="checkbox"/>	Alcohol wipes	Clean a needle before using it to pry out a splinter. Keep blisters or other wounds clean. Help a small fire that won't start-let the alcohol wipe dry out just a titch, then throw it in with the other tiny kindling.
<input type="checkbox"/>	Neosporin with topical anesthetic in it	Soothes stings after you've treated them with aspirin. Keep wounds clean.