



MED KIT

In your kit

- bandaids (size 5/8", 3 count)
- bandaids (size 3/4", 6 count)
- bandaids (size 2", 2 count)
- white petrolatum (4 count)
- alcohol wipes (5 count)
- hand sanitizer
- Iodine
- Ibuprofen (600mg, 200mg)

Get to know your kit

- Ibuprofen
- White pill – 600 mg
- Red/orange – 200mg
- Only take the 600mg with permission from someone else in the group





Get to know your kit

- Bandaids
- Wipe the area down with an alcohol wipe before applying

Get to know your kit

- CLEAN YOURSELF BE



Get to know your kit

The worst way to be found out, is from a cough or sneeze



Last thoughts

Everyone will have to do in
person training with me