



# First Aid Kit Checklist for a Day Tour

- Pocket CPR mask
- Gloves (nitrile recommended)
- Scissors
- Medical tape – 1" roll
- Ace wrap or roll of Coban
- Steri Strips
- Moleskin
- Molefoam
- 2nd skin
- 4x4 gauze pads (optional)
- Band-Aids (optional. tape works, as well)
- Ibuprofen
- Benadryl
- Tampons



# Repair Kit Checklist for a Day Tour

## General

- Multi-tool
- Duct tape
- 4-5 ski straps
- Headlamp
- Bivy sack, bothy bag or tarp
- Lighter
- Fire starter
- Flagging tape
- P-cord – 10-15 feet
- Skin wax (spring/summer)

## Binding Repair

- Auger/drill bit for multi-tool or binding buddy
- 1 large hose clamp \* For binding failure
- Plumbers putty or epoxy
- Steel wool (helps screws grip)
- Binding screws
- Splitboard binding pin (if necessary)
- Snowboard binding straps
- Thin gauge wire
- 1 boot rivet or improvised boot rivet
- Zip ties

## Items to Consider for Longer Tours

- Two key rings (replace a broken pack buckle)
- Two small hose clamps and 2x3" pieces of old aluminum ski pole cut length wise or a piece of an aluminum can (ski pole repair)
- Piece of a hacksaw blade
- Titanium cup
- Spare pole basket
- Extra toe & heel piece