(What's In The) 21-Piece Survival First Aid Kit?

Categories : General Prepping, Health/Fitness, Wilderness Survival

If you spend a lot of time outdoors, hiking, hunting, fishing or camping, you should have an appropriate first aid kit with you at all times. It is equally important to plan and pack an appropriate first aid kit for your bug-out-bag...

The questions is - what does your first aid kit need to contain? Firstly an 'off the shelf' first aid kit is unlikely to have all the bases covered. They can be a good starting point, but you will definitely want to add to, and customize, your kit.

The Prepping To Survive website has a great article on what to include in your first aid kit. The kit in the image above is from Prepping To Survive, so it's interesting to see what's in it. There are also links to most of the items on Amazon to make it easy for you to pick up items you haven't included in your kit.

What's In This 21-Piece Compact First Aid Kit?

(Photo from: Prepping To Survive)