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| IFAK Hike | Quantity | Have | Need |
| content list | 1 |  |  |
| nitrile gloves large pair | 1 |  |  |
| band aids plastic 25 | 1 |  |  |
| sterile combine 10 x 20cm | 1 |  |  |
| packing wound packing gauze | 1 |  |  |
| trauma shears 15cm | 1 |  |  |
| slishman pressure wrap | 1 |  |  |
| thermal blanket | 1 |  |  |
| calico triangular bandage | 1 |  |  |
| snake bite tension indicator bandage 10m | 1 |  |  |
| israeli style trauma bandage 4 inch | 1 |  |  |
| saline irrigation 20ml | 2 |  |  |