

# **Essential Foot and Ankle First Aid Kit for Hikers**

Compact kit for treating problems as they happen on the trail

## **Immediate Pain & Inflammation Relief**

- Instant cold packs (2-3 single-use packs)
- Anti-inflammatory medication (ibuprofen or naproxen with permission from your doctor)

## **Blister Treatment**

- 2nd Skin blister bandages (gel pads that work on formed blisters)
- Moleskin (cut and apply over blisters for padding)
- Medical tape (secure moleskin)
- Small scissors (cut moleskin to size)
- Alcohol wipes (clean area before treatment)



## **Basic Wound Care & Toenail Issues**

- Antibiotic ointment (prevent infection)
- Bandages of various sizes and gauze pads (cover cuts, scrapes, loose or detached toenails, and exposed nail beds)
- Tweezers (remove debris or loose nail pieces)

## **Ankle Support**

- Elastic bandage (ACE wrap for sprain support)
- C-Splint (to stabilize the ankle)

## **Emergency Essentials**

- Emergency contact information (including your podiatrist)
- Cell phone (call for help if needed)

## **Quick Application Tips**

- For blisters: Clean with alcohol wipe, apply 2nd Skin pad, secure with moleskin if needed
- For heel pain: Apply instant cold pack for 10 minutes, take an anti-inflammatory
- For ankle sprain: Ice immediately, wrap with elastic bandage, rest
- For loose/detached toenail: DO NOT remove if still partially attached. Clean gently, apply antibiotic ointment, cushion with gauze pad, secure with bandage. If completely detached, clean the nail bed, apply ointment, and bandage.
- Stop hiking if: Can't bear weight, signs of infection, or severe persistent pain
- Call our office: Make an appointment if you're still experiencing pain or other foot problems

**FOOT AND ANKLE CENTER OF LAKE CITY**



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