EDC

Coghlan's Trek 1 FAK pouch (items not in tin but in pouch or wrapped around pouch):

- 1 4"×3"×1" unhinged tin (contents can be dumped in pouch in an emergency)
- 2 18" × .75" wide duct tape wrapped around bottom of tin
- Wide strips of gray duct tape on underside of tin and orange strip on top
- 2 wide rubber bands
- 1 N95 face mask
- 6' paracord
- 1 carabiner with precision tweezers and small SAK w/scissors
- 1 lanyard with Fox 40 Howler and Photon Micro light
- 1 bandanna

Tool tin carried in coat/jacket, pocketbook, or tote:

1 Altoid-sized tin with tools: Leatherman Squirt, Micro Widgy Prybar, Lobeman FM radio, CR2032 battery, lanyard, folding scissors, pocket light, 2 CR2016 batteries, medium S-biner, ballpoint pen metal refill, 2 pieces Rite-in-the-Rain paper, large rubber band; emergency rain poncho, duct tape packet (18"), and strip of orange duct tape wrapped around tin, all carried in a 4.5"x7" Aloksak (holds approx 12 oz liquid)

Items in tin:

- business card sleeve glued to top holding business card w/e-mail addresses and out-of-state phone numbers glued on back, \$25 AMEX gift card, Fresnel lens
- 1 Lansinoh storage bag as water carrier (holds approx 12 oz)
- 2 Platypus repair patches
- 1 Aquamira water tablet
- 1 8-inch straw
- 1 lemon drop
- 1 light-weight face mask
- 1 1"×18" duct tape wrapped around paper clip
- 2 pieces Rite-in-the-Rain paper
- 1 ballpoint pen metal refill and 1 mini pencil
- 1 Photon Micro clip
- 1 mini magnesium firestarter
- 1 mirror for self-examination
- 2 CR2016 batteries
- 4 medium safety pins
- 4 jumbo non-skid paper clips
- \$50 in small bills
- 2 quarters
- pill pouch with 2 Pepto-Bismol chewables; 2 generic Prilosec;
 4 Imodium chewables; 2 Rx ibuprofen; 4 aspirin; 2 Tylenol;
 2 Benadryl capsules
- 1 potassium iodide tablet
- 2 2"x2" sterile pads
- 2 large Band-Aids
- 5 Steri-Strips
- 1 piece moleskin
- 2 triple ointments
- 2 alcohol pads
- 1 benzalkonium chloride antiseptic pad
- 1 povidone-iodine pad
- 1 sterile saline wipe for eyes
- 1 sting relief pad
- 1 burn gel packet
- 1 small tube Orajel
- 1 Dentemp for fillings/crowns