

BACKPACKING FOOT CARE KIT			
Item	Description & Purpose	Solo Kit	Group Kit
Leukotape P	Breathable, very sticky, low friction. Apply to hot spots, reinforce adhesives. Store on label paper.	Suggested	Suggested
Duct tape	Not breathable, fairly sticky, very low friction. Okay for hot spots if moisture is not a factor.	Optional	Optional
Blist-o-Bans	Ideal for heel blisters. Thin film with friction-free zone; won't stick to blister. Adhesive needs help.	Optional	Suggested
Mole skin	Conventional pick. But it sticks poorly & can enlarge blister by increasing pressure around it.	Optional	Suggested
Scissors	Cut tapes, mole skin. Solo pick: Victorinox Classic. Group: Fiskars 5-inch.	Suggested	Suggested
Hand sewing needle	Pop blisters. Make big hole to prevent re-sealing. Sterilize with lighter before use. Alt: scissors.	Optional	Suggested
Benzoin tincture	Supplement adhesiveness of bandages & tapes, esp in moist conditions. Store in dropper bottle.	Suggested	Suggested
Toe caps	Cushion toes, reduce friction between & on tips. Stretchy, fits most toes. Alt: tape & mole skin.	Optional	Suggested
Krazy Glue	Multi-purpose, also for repair & first aid. Quickly seal cracked skin. Beware, not easily reversed.	Suggested	Suggested
Bonnie's Balm	Reduce maceration & its aftermath. Apply to Leukotape to prevent sticking to sock.	Suggested	Suggested