



RUNNING BLISTER KIT CHECKLIST

This assortment will be enough to fix minor and moderate blisters in the field and keep you moving. It is neither a substitute for a full medical kit nor what you would use to treat skin injuries after a race.

- Adhesive felt sheet or moleskin
- Needles or small scalpel (size 11)
- Alcohol pads or Betadine swabs
- Gloves
- Kinesio tape, Elastikon tape, or Leukotape (to patch or prevent).
- Scissors
- Adhesive such as tincture of benzoin
- Lubricant such as Bodyglide or BlisterShield or Squirrel's Nut Butter
- Gauze pads

