Minimum Blister Kit

Tape (Hypafix)

Small straight scissors (or knife)

Felt or molefoam

ENGO patches

Adhesive enhancer

21G needle (or safety pin)

Alcohol swab / gloves

Antibiotic ointment

Extended Blister Kit Items

Hydrocolloid or PolyMem dressing

Gel toe protectors

Emery board

Cotton balls

Spare synthetic socks

PTFE Powder (Two Toms)

Blist-O-Ban