

CHECKLIST



FIRST-AID CHECKLIST

Our comprehensive first-aid checklist for outdoor enthusiasts includes wound coverings, medications, treatments, tools, personal care items and much more.

FIRST-AID BASIC CARE

- Antiseptic wipes (BZK- or alcohol-based)
- Antibacterial ointment (e.g., bacitracin)
- Compound tincture of benzoin
- Assorted adhesive bandages (pref. fabric)
- Butterfly bandages
- Gauze pads (various sizes)
- Nonstick sterile pads
- Medical adhesive tape (10 yds., 1"+ width)
- Blister treatment
- Ibuprofen/other pain-relief medication
- Insect-sting relief treatment
- Antihistamine to treat allergic reactions
- Splinter (fine-point) tweezers
- Safety pins
- First-aid manual or information cards
- _____
- _____
- _____

WRAPS, SPLINTS AND WOUND COVERINGS

- Elastic wrap
- Triangular cravat bandage
- Finger splint(s)
- SAM splint(s)
- Rolled gauze
- Rolled, stretch-to-conform bandages
- Hydrogel-based pads
- First-aid cleanse pads with anesthetic
- Hemostatic (blood-stopping) gauze
- Liquid bandage
- Oval eye pads
- _____
- _____
- _____
- _____

MEDICATIONS/TREATMENTS

- Hand sanitizer (BZK- or alcohol-based)
- Aloe vera gel (sun exposure relief)
- Aspirin (for response to a heart attack)
- Antacid tablets
- Throat lozenges
- Lubricating eye drops
- Loperamide tablets (for diarrhea)
- Poison ivy/poison oak treatment
- Insect sting relief treatment
- Glucose/sugar to treat hypoglycemia
- Oral rehydration salts
- Antifungal foot powder
- Prescription medications (e.g., antibiotics)
- Injectable epinephrine for allergic reactions
- _____
- _____
- _____
- _____

TOOLS AND SUPPLIES

- Knife (or multi-tool with knife)
- Paramedic shears (blunt-tip scissors)
- Razor blade or #15- or #12-blade scalpel
- Cotton-tipped swabs
- Standard oral thermometer
- Low-reading (hypothermia) thermometer
- Irrigation syringe with 18-gauge catheter
- Magnifying glass
- Small mirror
- Medical gloves (pref. nitrile; avoid latex)
- CPR mask
- Sewing needle with heavy-duty thread

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TOOLS AND SUPPLIES (continued)

- Needle-nose pliers with wire cutter
- Waterproof container for all med supplies
- Personal locator beacon
- Duct tape (small roll)
- Emergency heat-reflecting blanket
- Satellite messengers
- Small notepad & waterproof pencil or pen
- Headlamp (preferred) or flashlight
- _____
- Medical waste bag (plus box for sharps)
- Whistle (pealess preferred)
- _____

PERSONAL CARE, OTHER ITEMS

- Sunscreen
- Collapsible water sink or basin
- _____
- Lip balm
- Water-treatment chemicals
- _____
- Insect repellent (plus headnet, if needed)
- Biodegradable soap
- _____