First-Aid Checklist

Basic care: Prepackaged first-aid kits available at REI typically contain many of the following items:

- Antiseptic wipes (benzalkonium chloride (BZK)-based) preferred; alcohol-based OK
- Antibacterial ointment (e.g., bacitracin)
- Tincture of benzoin (bandage adhesive)
- Assorted adhesive bandages (fabric preferred)
- Butterfly bandages/adhesive wound-closure strips
- Gauze pads (various sizes)
- Nonstick sterile pads
- Medical adhesive tape (10-yd. roll, min. 1" width)

Comprehensive care: Carry all of the basic items listed above; add items below based on anticipated needs.

Note: The list below is intentionally extensive; rarely will a single kit include every item shown here.

Wound coverings
- Rolled gauze
- Rolled, stretch-to-conform bandages
- Elastic wrap
- Hydrogel-based pads
- First-aid cleansing pads with topical anesthetic
- Hemostatic (blood-stopping) gauze
- Liquid bandages
- Oval eye pads

Medications/treatments
- Hand sanitizer (BZK- or alcohol-based)
- Aloe vera gel (sun exposure relief)
- Aspirin (primarily for response to a heart attack)
- Antacid tablets
- Throat lozenges
- Lubricating eye drops
- Loperamide tablets (for diarrhea symptoms)
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- Medical adhesive tape (10-yd. roll, min. 1" width)

Tools
- Knife (or multi-tool with knife)
- Paramedic shears (blunt-tip scissors)
- Safety razor blade (or scalpel w/#15 or #12 blade)
- Finger splint(s)
- SAM splint(s)
- Cotton-tipped swabs
- Standard oral thermometer
- Low-reading (hypothermia) thermometer
- Irrigation syringe with 18 gauge catheter
- Magnifying glass
- Small mirror
- Whistle (pealess preferred)
- Emergency heat-reflecting blanket

Personal-care, other items
- Sunscreen
- Lip balm
- Insect repellent (plus headnet, if needed)

Selected from a more extensive list published in the book Medicine for the Outdoors by Dr. Paul S. Auerbach.

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