First-Aid Basic Care

If you're headed outdoors, you should always carry either a prepackaged first-aid kit or a DIY kit that you can create using our list as a guide. Knowing how to use the items in a first-aid kit is as important as having them, so consider taking a training course.

- [ ] Antiseptic wipes
- [ ] Antibacterial ointment
- [ ] Compound tincture of benzoin
- [ ] Assorted adhesive bandages (fabric preferred)
- [ ] Butterfly bandages / adhesive wound-closure strips
- [ ] Gauze pads
- [ ] Nonstick sterile pads
- [ ] Medical adhesive tape
- [ ] 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

Make and Share Free Checklists
checkli.com