

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