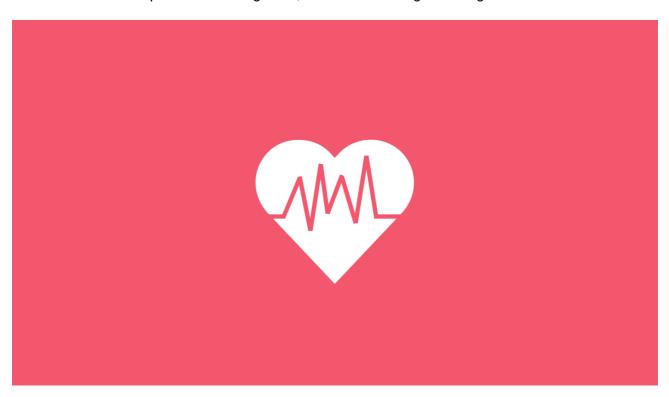
First-Aid Checklist

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.



First-Aid Basic Care

Antiseptic wipes (BZK-based wipes preferred; alcohol-based OK)
Antibacterial ointment (e.g., bacitracin)
Compound 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)
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 cleansing pads with topical anesthetic			
Hemostatic (blood-stopping) gauze			
Liquid bandage			
Oval eye pads			
Medications/Treatments			
Hand sanitizer (BKZ- 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)			
Poison ivy / poison oak treatment			
Insect sting relief treatment			
Glucose or other sugar to treat hypoglycemia			
Oral rehydration salts			
Antifungal foot powder			
Prescription medications (e.g., antibiotics)			
Injectable epinephrine to treat allergic reactions			
Tools and Supplies			
Knife (or multi-tool with knife)			

Paramedic shears (blunt-tip scissors)	
Safety razor blade (or scalpel w/ #15 or #12 blade)	
Cotton-tipped swabs	
Standard oral thermometer	
Low-reading (hypothermia) thermometer	
Irrigation syringe with 18-gauge catheter	
Magnifying glass	
Small mirror	
Medical / surgical gloves (nitrile preferred; avoid latex)	
CPR mask	
Steel sewing needle with heavy-duty thread	
Needle-nose pliers with wire cutter	
Duct tape (small roll)	
Small notepad with waterproof pencil or pen	
Medical waste bag (plus box for sharp items)	
Waterproof container to hold supplies and meds	
Emergency heat-reflecting blanket	
Headlamp (preferred) or flashlight	
Whistle (pealess preferred)	
Personal locator beacon	
Satellite messenger	
Personal Care, Other Items	
Sunscreen	
Lip balm	
Insect repellent (plus headnet, if needed)	
Hand sanitizer	
Biodegradable soap	
Water-treatment chemicals	
Collapsible water sink or basin	Make and Share Free Checklists
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