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
checkli.com