Camping First Aid Checklist

Cuts, Bleeding, Burns
☐ Adhesive bandages in various sizes
☐ Moleskin
☐ Sterile heavy gauze
☐ Hemostatic pads/dressings
☐ Gauze roller bandages
☐ Butterfly bandages
☐ Medical tape
☐ Tourniquet

Wound Care
☐ Sterile irrigation solution
☐ Irrigation syringe
☐ Antiseptic wipes
☐ Sterile cotton swabs
☐ Antiseptic ointment
☐ Burn gel

Bone and Ligament Injuries
☐ Triangle bandage
☐ Ace bandage
☐ Hot/cold pack
☐ Splint (C-splint and/or Sam splint)

Medications, Ointments & Creams
☐ Acetaminophen
☐ NSAID pain killers (aspirin, ibuprofen)
☐ EpiPen for known allergies
☐ Anti-diarrhea medicines
☐ Probiotics
☐ Activated charcoal
☐ Emetics for inducing vomiting
☐ Electrolytes
☐ Anti-itch ointment such as hydrocortisone
☐ Anti-fungal cream
☐ Antacids
☐ Cough/cold/flu medicine
☐ Insect repellent
☐ Sunscreen

☐ Lip balm
☐ Personal medications

Other Items
☐ Pack of honey or glucose
☐ Tweezers
☐ Safety pins
☐ Small scissors
☐ Medical shears
☐ CPR barrier
☐ Thermometer
☐ Magnifying glass
☐ Disposable gloves
☐ Antibacterial hand gel
☐ Emergency Mylar blanket
☐ Tooth pain gel
☐ Temporary tooth filling
☐ First aid field guide

Baby and Children Items
☐ Children’s versions of medicines
☐ Nose aspirator
☐ Measuring syringe
☐ Diaper rash cream