



First-Aid Checklist

Our comprehensive first-aid checklist for outdoor enthusiasts includes wound coverings, medications, treatments, tools, personal care items and much more.



First Aid & Basic Care

- | | | |
|---|--|--|
| <input type="checkbox"/> Antiseptic wipes (<i>BZK- or alcohol-based</i>) | <input type="checkbox"/> Gauze pads (<i>various sizes</i>) | <input type="checkbox"/> Antihistamine to treat allergic reactions |
| <input type="checkbox"/> Antibacterial ointment (<i>e.g., bacitracin</i>) | <input type="checkbox"/> Nonstick sterile pads | <input type="checkbox"/> Splinter (<i>fine-point</i>) tweezers |
| <input type="checkbox"/> Compound tincture of benzoin | <input type="checkbox"/> Medical adhesive tape (<i>10 yds., 1"+ width</i>) | <input type="checkbox"/> Safety pins |
| <input type="checkbox"/> Assorted adhesive bandages (<i>pref. fabric</i>) | <input type="checkbox"/> Blister treatment | <input type="checkbox"/> First-aid manual or information cards |
| <input type="checkbox"/> Butterfly bandages | <input type="checkbox"/> Ibuprofen/other pain-relief medication | <input type="checkbox"/> _____ |
| | <input type="checkbox"/> Insect-sting relief treatment | <input type="checkbox"/> _____ |



Wraps, Splints & Wound Coverings

- | | | |
|--|---|---|
| <input type="checkbox"/> Elastic wrap | <input type="checkbox"/> Rolled, stretch-to-conform bandages | <input type="checkbox"/> Hemostatic (<i>blood-stopping</i>) gauze |
| <input type="checkbox"/> Triangular cravat bandage | <input type="checkbox"/> Hydrogel-based pads | <input type="checkbox"/> Liquid bandage |
| <input type="checkbox"/> Finger splint(s) | <input type="checkbox"/> First-aid cleanse pads with anesthetic | <input type="checkbox"/> Oval eye pads |
| <input type="checkbox"/> SAM splint(s) | | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Rolled gauze | | |



Medications/Treatments

- | | | |
|--|--|--------------------------------|
| <input type="checkbox"/> Hand sanitizer (<i>BKZ- or alcohol-based</i>) | <input type="checkbox"/> Poison ivy/poison oak treatment | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Aloe vera gel (<i>sun exposure relief</i>) | <input type="checkbox"/> Insect sting relief treatment | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Aspirin (<i>for response to a heart attack</i>) | <input type="checkbox"/> Glucose/sugar to treat hypoglycemia | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Antacid tablets | <input type="checkbox"/> Oral rehydration salts | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Throat lozenges | <input type="checkbox"/> Antifungal foot powder | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Lubricating eye drops | <input type="checkbox"/> Prescription medications (<i>e.g., antibiotics</i>) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Loperamide tablets (<i>for diarrhea</i>) | <input type="checkbox"/> Injectable epinephrine for allergic reactions | |

*These items are part of the Ten Essentials systems.



Tools & Supplies

- Knife (*or multi-tool with knife*)
- Paramedic shears (*blunt-tip scissors*)
- Razor blade or #15- or #12-blade scalpel
- Cotton-tipped swabs
- Standard oral thermometer
- Low-reading (*hypothermia*) thermometer
- Irrigation syringe with 18-gauge catheter
- Magnifying glass
- Small mirror
- Medical gloves (*pref. nitrile; avoid latex*)
- CPR mask
- Sewing needle with heavy-duty thread
- Needle-nose pliers with wire cutter
- Duct tape (*small roll*)
- Small notepad & waterproof pencil or pen
- Medical waste bag (*plus box for sharps*)
- Waterproof container for all med supplies
- Emergency heat-reflecting blanket
- Headlamp (*preferred*) or flashlight
- Whistle (*pealess preferred*)
- Personal locator beacon
- Satellite messengers
- _____
- _____



Personal Items

- Sunscreen
- Lip balm
- Insect repellent (*plus headnet, if needed*)
- Collapsible water sink or basin
- Water-treatment chemicals
- Biodegradable soap
- _____
- _____
- _____
- _____