

CHECKLIST



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

WRAPS, SPLINTS AND WOUND COVERINGS

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

MEDICATIONS/TREATMENTS

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

TOOLS AND SUPPLIES

- | | | |
|---|--|--|
| <input type="checkbox"/> Knife (or multi-tool with knife) | <input type="checkbox"/> Standard oral thermometer | <input type="checkbox"/> Small mirror |
| <input type="checkbox"/> Paramedic shears (blunt-tip scissors) | <input type="checkbox"/> Low-reading (hypothermia) thermometer | <input type="checkbox"/> Medical gloves (pref. nitrile; avoid latex) |
| <input type="checkbox"/> Razor blade or #15- or #12-blade scalpel | <input type="checkbox"/> Irrigation syringe with 18-gauge catheter | <input type="checkbox"/> CPR mask |
| <input type="checkbox"/> Cotton-tipped swabs | <input type="checkbox"/> Magnifying glass | <input type="checkbox"/> Sewing needle with heavy-duty thread |

CHECKLIST



FIRST-AID CHECKLIST

TOOLS AND SUPPLIES (continued)

- | | | |
|---|--|--|
| <input type="checkbox"/> Needle-nose pliers with wire cutter | <input type="checkbox"/> Waterproof container for all med supplies | <input type="checkbox"/> Personal locator beacon |
| <input type="checkbox"/> Duct tape (small roll) | <input type="checkbox"/> Emergency heat-reflecting blanket | <input type="checkbox"/> Satellite messengers |
| <input type="checkbox"/> Small notepad & waterproof pencil or pen | <input type="checkbox"/> Headlamp (preferred) or flashlight | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Medical waste bag (plus box for sharps) | <input type="checkbox"/> Whistle (pealess preferred) | <input type="checkbox"/> _____ |

PERSONAL CARE, OTHER ITEMS

- | | | |
|---|--|--------------------------------|
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Collapsible water sink or basin | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Lip balm | <input type="checkbox"/> Water-treatment chemicals | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Insect repellent (plus headnet, if needed) | <input type="checkbox"/> Biodegradable soap | <input type="checkbox"/> _____ |