



## First-Aid Checklist

**Basic care:** Prepackaged first-aid kits available at REI typically contain many of the following items:

- Antiseptic wipes (benzalkonium chloride (BZK)-based wipes preferred; alcohol-based OK)
- Antibacterial ointment (e.g., bacitracin)
- Tincture of benzoin (bandage adhesive)
- Assorted adhesive bandages (fabric preferred)
- Butterfly bandages/adhesive wound-closure strips
- Gauze pads (various sizes) Splinter (fine-point) tweezers
- Nonstick sterile pads Safety pins
- Medical adhesive tape (10-yd. roll, min. 1" width)
- Blister treatment (e.g., Moleskin, 2nd Skin, Glacier Gel)
- Ibuprofen/other pain-relief medication
- Insect-sting relief treatment (e.g., AfterBite)
- Antihistamine to treat allergic reactions
- Comprehensive first-aid manual or information cards

**Comprehensive care:** Carry all of the basic items listed above; add items below based on anticipated needs.

**Note:** The list below is intentionally extensive; rarely will a single kit include every item shown here.

### Wound coverings

- Rolled gauze
- Rolled, stretch-to-conform bandages
- Elastic wrap
- Hydrogel-based pads
- \_\_\_\_\_
- \_\_\_\_\_
- First-aid cleansing pads with topical anesthetic
- Hemostatic (blood-stopping) gauze
- Liquid bandages
- Oval eye pads
- \_\_\_\_\_
- \_\_\_\_\_

### Medications/treatments

- Hand sanitizer (BZK- or alcohol-based)
- Aloe vera gel (sun exposure relief)
- Aspirin (primarily for response to a heart attack)
- Antacid tablets
- Throat lozenges
- Lubricating eye drops Prescription medications (e.g., antibiotics)
- Loperamide tablets (for diarrhea symptoms)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- Poison ivy/poison oak preventative
- Poison ivy/poison oak treatment
- Glucose or other sugar to treat hypoglycemia
- Oral rehydration salts (e.g., CeraLyte)
- Antifungal foot powder
- Injectable epinephrine to treat allergic reactions (e.g., EpiPen, Twinject)
- \_\_\_\_\_
- \_\_\_\_\_

### Tools

- Knife (or multi-tool with knife)
- Paramedic shears (blunt-tip scissors)
- Safety razor blade (or scalpel w/#15 or #12 blade)
- Finger splint(s)
- SAM splint(s)
- 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)
- Triangular cravat bandage
- Steel sewing needle with heavy-duty thread
- Needle-nose pliers with wire cutter
- Headlamp (preferred) or flashlight
- Whistle (pealess preferred)
- 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
- \_\_\_\_\_
- \_\_\_\_\_

### Personal-care, other items

- Sunscreen
- Lip balm
- Insect repellent (plus headnet, if needed)
- \_\_\_\_\_
- \_\_\_\_\_
- Biodegradable soap
- Water-disinfection system
- Collapsible water sink or basin
- \_\_\_\_\_
- \_\_\_\_\_

# Lightweight First Aid Kit Checklist

This is a *suggested* lightweight first aid. You'll want to add to or adapt it to your needs.

Carry only those items that you know how to use. From time to time, check your kit and restock worn products and replace old, expired drugs. Remember that you also need knowledge to go along with your first aid kit, and it's important to take basic first aid and CPR classes. You may also want to consider taking a *Wilderness First Responder* course if you go on extended trips in the backcountry.

- 3-4 Sterile gauze pads (4" x 4")
- 2 Rolls of 4" wide sterile gauze
- 8 Band-Aids (Include a couple large-sized Band-Aids)
- 6 Butterfly bandages
- 2 Triangular Bandages (Useful for slings and lashing to improvised splints)
- 1 Roll of athletic tape
- 1 Wrapped sanitary napkin (for nose bleeds, or to clean up blood from wounds)
- 1 Microshield (lightweight mouth shield for giving CPR)
- 1 Small bottle of tincture of benzoin (for cleansing wounds)
- 1 Tube of Neosporin or Providone-iodine ointment (to dress wounds)
- 1 Piece of moleskin (4" x 4". Use for blisters)
- 1 Elastic wrap (4-6" wide)
- 2 Safety pins
- 10 Pain killers (aspirin or Tylenol)
- 8 Benadryl (antihistamine tablets)
- 5 Pepto-Bismal tablets
- Any special medicine you need to carry.
- 1 Pair of scissors and tweezers (Scissors and tweezers are also available on Swiss Army knives)
- 1 60 cc Syringe (For suction of vomitus or irrigation of wounds)
- 2 Pair of rubber gloves

## Other Items You May Want to Consider:

- Snake bite extractor (also useful for bee stings)
- Sam splint
- 1 oz Ipecac Syrup (To cause vomiting in the case of poisoning . Know when & when not to use.)
- Charcoal Suspension (To absorb poisons remaining in stomach)
- Silvadyne (a water-based burn ointment)
- Cavit, 6 gram tube (temporary filling material for lost fillings)

2/17/98. Adapted from material provided by Dana Elle, Lance Tysom and Jeff Brandt. <http://www.isu.edu/outdoor/frstaid1.htm>