# 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)
- 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)

## 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 (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)
- First-aid cleansing pads with topical anesthetic
- Poise 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
- Prescription medications (e.g., antibiotics)
- Injectable epinephrine to treat allergic reactions (e.g., EpiPen, Twinject)

### Tools
- Knife (or multitool 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

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Selected from a more extensive list published in the book *Medicine for the Outdoors* by Dr. Paul S. Auerbach.

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