



First-Aid Checklist

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

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

- | | |
|--|---|
| <input type="checkbox"/> Rolled gauze | <input type="checkbox"/> First-aid cleansing pads with topical anesthetic |
| <input type="checkbox"/> Rolled, stretch-to-conform bandages | <input type="checkbox"/> Hemostatic (blood-stopping) gauze |
| <input type="checkbox"/> Elastic wrap | <input type="checkbox"/> Liquid bandages |
| <input type="checkbox"/> Hydrogel-based pads | <input type="checkbox"/> Oval eye pads |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Medications/Treatments

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

Tools

- | | |
|---|---|
| <input type="checkbox"/> Knife (or multitool with knife) | <input type="checkbox"/> Medical/surgical gloves (nitrile preferred; avoid latex) |
| <input type="checkbox"/> Paramedic shears (blunt-tip scissors) | <input type="checkbox"/> Triangular cravat bandage |
| <input type="checkbox"/> Safety razor blade (or scalpel w/#15 or #12 blade) | <input type="checkbox"/> Steel sewing needle with heavy-duty thread |
| <input type="checkbox"/> Finger splint(s) | <input type="checkbox"/> Needle-nose pliers with wire cutter |
| <input type="checkbox"/> SAM splint(s) | <input type="checkbox"/> Headlamp (preferred) or flashlight |
| <input type="checkbox"/> Cotton-tipped swabs | <input type="checkbox"/> Whistle (pealess preferred) |
| <input type="checkbox"/> Standard oral thermometer | <input type="checkbox"/> Duct tape (small roll) |
| <input type="checkbox"/> Low-reading (hypothermia) thermometer | <input type="checkbox"/> Small notepad with waterproof pencil or pen |
| <input type="checkbox"/> Irrigation syringe with 18-gauge catheter | <input type="checkbox"/> Medical waste bag (plus box for sharp items) |
| <input type="checkbox"/> Magnifying glass | <input type="checkbox"/> Waterproof container to hold supplies and meds |
| <input type="checkbox"/> Small mirror | <input type="checkbox"/> Emergency heat-reflecting blanket |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Personal Care, Other Items

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

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