

Backpacking First Aid Kit Checklist

Trauma and Injury Items

- 3-5 sterile gauze pads, 2x2" and 4x4"
- 2 trauma pads with hemostatic agent
- 1 Triangle bandage
- 1 medical tape, 1" x 8 feet
- 5-10 adhesive bandages
- 3-10 moleskins, pre-cut
- 4 alcohol and/or iodine prep pads
- 1 antiseptic ointment
- 1 burn salve/beeswax salve
- 1 Ace bandage

Meds

- 10 ibuprofen tablets
- 2 aspirin tablets
- 1 tube antihistamine cream
- 3 throat lozenges

Tools

- 1 mini scissors
- 1 tweezers
- 1 safety pin

GI Items

- 6 probiotic tablets
- 6 activated charcoal tablets
- 2-3 doses of anti-diarrhea medicine
- 2-3 electrolyte packets

Other & Optional

- Waterproof dry sack for holding items
- Baggies for organizing items
- Cotton tip applicators
- Nitrile gloves
- Medical shears
- Tourniquet
- Wound irrigator
- C-splint or Sam splint
- Satellite beacon/emergency communication device
- First aid field guide book
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