

Camping First Aid Checklist



Cuts, Bleeding, Burns

- Adhesive bandages in various sizes
- Moleskin
- Sterile heavy gauze
- Hemostatic pads/dressings
- Gauze roller bandages
- Butterfly bandages
- Medical tape
- Tourniquet

Wound Care

- Sterile irrigation solution
- Irrigation syringe
- Antiseptic wipes
- Sterile cotton swabs
- Antiseptic ointment
- Burn gel

Bone and Ligament Injuries

- Triangle bandage
- Ace bandage
- Hot/cold pack
- Splint (C-splint and/or Sam splint)

Medications, Ointments & Creams

- Acetaminophen
- NSAID pain killers (aspirin, ibuprofen)
- EpiPen for known allergies
- Anti-diarrhea medicines
- Probiotics
- Activated charcoal
- Emetics for inducing vomiting
- Electrolytes
- Anti-itch ointment such as hydrocortisone
- Anti-fungal cream
- Antacids
- Cough/cold/flu medicine
- Insect repellent
- Sunscreen

- Lip balm
- Personal medications

Other Items

- Pack of honey or glucose
- Tweezers
- Safety pins
- Small scissors
- Medical shears
- CPR barrier
- Thermometer
- Magnifying glass
- Disposable gloves
- Antibacterial hand gel
- Emergency Mylar blanket
- Tooth pain gel
- Temporary tooth filling
- First aid field guide

Baby and Children Items

- Children's versions of medicines
- Nose aspirator
- Measuring syringe
- Diaper rash cream