



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)
- Nonstick sterile pads
- 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
- Splinter (fine-point) tweezers
- Safety pins
- 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
- 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
- Prescription medications (e.g., antibiotics)
- 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
- _____
- _____

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