

Backpacking First-Aid Checklist

(Select Items that match your trip plans and your group size)

Basic Tools

- Comprehensive first-aid manual
- Scissors
- Emergency blanket
- Small knife or multi-use tool
- Magnifying glass
- Razor blade
- Small mirror
- Matches/lighter
- Tweezers
- Thermometer
- Needle and thread
- Adhesive tape
- Safety pins
- Duct tape

Bandages

- Adhesive bandages (various sizes)
- Elastic-wrap bandage
- Butterfly bandages
- Gauze pads
- Triangular bandage
- Gauze wraps
- Large compress bandage
- Safety gloves
- Wire splint
- Medical Tape

Medications/treatments

- Antiseptic wipes
- Lip Balm (with sun protection)
- Anti-bacterial ointment
- Vitamins
- Aspirin
- Salt tablets
- Burn ointment
- Antacid tablets
- Prescription medicines
- Insect repellent
- Snake bite kit
- Iodine
- Cough drops
- Calamine lotion
- Eye drops
- Moleskin/2nd Skin
- Foot powder
- Biodegradable soap
- Antihistamine
- Towelettes
- Sunscreen