

# Wilderness First Aid Kit Checklist

For maximum efficiency, place each category in a separate baggie. Extended and remote trips may require additional supplies. This checklist is intended as guide only and is not a substitute for medical advice and training.

Item	Notes	Date
<b>Records</b>		
Personal info form	(See next checklist)	
Pencil and paper	For leaving notes, emergency record keeping.	
<b>Pharmacy</b>		
Aspirin	Fast powder version by Urgent Rx	
Antidiarrheal	Ex. loperamide (Immodium)	
Antihistamine	Ex. Diphenhydramine HCl (Benadryl)	
Pain relievers	Ex. Acetaminophen (Tylenol); ibuprofen (Advil)	
Sugar packets	For diabetic emergencies	
Personal medications	Birth control, etc.	
<b>Safety</b>		
Extra plastic bag	For trash, wound irrigation	
Hand sanitizer	Liquid or wipes	
Surgical gloves	2 pairs (they break easily)	

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<b>Blisters</b>		
Moleskin		
Tincture of Benzoin	Helps tape and moleskin stick. Careful: don't get it in wounds.	
Cotton swabs	For benzoin.	
Alcohol swab	Removes benzoin from skin and surfaces	
Manicure scissors	Protect tips with a little duct tape	
<b>Ortho</b>		
Splint	Ex. SAM Splint, C Splint, XL size	
Safety pins	Make an arm sling out of a shirt or jacket sleeve	
Triangular bandages	2 for slings and splinting. Make from old sheets.	
Small elastic bandage	ACE, etc.	
<b>Enviro</b>		
Chemical warmers	Ex. Grabber, Hot Hands	
Insect repellent	Use towelettes to save space	
Anti-itch cream	Hydrocortisone or Calamine Lotion	
Rehydration solution	Use a powder form that can be mixed with water	

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<b>Wound Care</b>		
Elastic bandages	Ex. Band-Aids. Various sizes, including 1"	
QuikClot sponge	Use only as directed	
First aid tape	Waterproof version is helpful. Duct tape is a great substitute.	
Self-adherent medical tape	Ex. Coban, Pet Wrap. The 2" size is most useful; split it in half for finger injuries.	
Skin closures	Ex. Steri Strips or butterfly bandages	
Syringe	For wound irrigation	
Antibiotic ointment	Also keeps dressing from sticking	
Sanitary napkin	For heavy bleeding	