

First Aid Kit Checklist

First aid kits are an important safety tool that can help you manage a variety of medical incidents. Make sure you are carrying a first aid kit that is complete and contains unexpired medication.

The American Red Cross recommends the following for inclusion in an individual Wilderness First Aid kit:

[ ]  Adhesive bandages (6)

[ ]  Sterile gauze pads, 3-×-3-inch (2)

[ ]  Adhesive tape (1 small roll)

[ ]  Moleskin, 3-×-6-inch (1)

[ ]  Soap (1 small bar) or alcohol-based hand sanitizing gel (1 travel-sized bottle)

[ ]  Wound gel (1 small tube)

[ ]  Scissors (1 pair)

[ ]  Latex-free medical exam gloves (1 pair)

[ ] Cardiopulmonary resuscitation (CPR) breathing barrier (1)

[ ]  Tweezers

[ ]  Wilderness and Remote First Aid Report Form/Rescue Request and pencil

A larger group kit should include:

[ ]  Gauze bandage, 3-inch rolls (2)

[ ]  Self-adhesive bandage, 2-inch roll (1)

[ ]  Adhesive tape, 1-inch rolls (2)

[ ]  Alcohol pads (12)

[ ]  Povidone-iodine pads (12)

[ ]  Assorted adhesive bandages (1 box)

[ ]  Elastic bandages, 3-inch-wide (2)

[ ]  Sterile gauze pads, 4-×-4-inch (12)

[ ]  Moleskin, 3-×-6-inch (4)

[ ]  Gel pads for blisters and burns (2 packets)

[ ]  Wound gel (1 tube)

[ ]  Hydrocortisone cream 1 percent (1 tube)

[ ]  Triangular bandages (4)

[ ]  Soap (1 small bar) or alcohol-based hand sanitizing gel (1 travel-sized bottle)

[ ]  Scissors (1 pair)

[ ]  Tweezers (1 pair)

[ ]  Safety pins (12)

[ ]  Latex-free medical exam gloves (6 pairs)

[ ]  Protective goggles/safety glasses (1 pair)

[ ]  CPR breathing barrier (1)

[ ]  Wilderness and Remote First Aid Report Form/Rescue Request and pencil

[ ]  Instant cold compress

[ ]  Space blanket

[ ]  Original size SAM® Splint

Additional Recommended Items

[ ] Denture adhesive

[ ]  Irrigation syringe

[ ]  Thermometer

[ ]  Commercial tourniquet

[ ]  Ibuprofen

[ ]  Chewable low-dose aspirin (81 mg each)

[ ]  Acetaminophen

[ ]  Oral antihistamine

[ ]  Properly labeled prescription medications for individuals

[ ]  Needle

[ ]  Alcohol (and/or vinegar)

[ ]  Tampons/pads

[ ]  Decongestant nasal spray

[ ]  Over-the-counter diarrhea medication

[ ]  Zinc oxide powder

[ ]  Chemical heat packs

[ ]  Full water bottle(s) (especially in waterless areas)

[ ]  Water purification and backup

[ ]  Ground insulation (e.g., a “sit-upon” camp mat)

[ ]  Shelter (could be a plastic tube shelter)

[ ]  Plastic bag

[ ]  Emergency blanket

[ ]  Signaling device (e.g., mirror, whistle)

[ ]  Duct tape

[ ]  Identification/medical form

[ ]  Special environmental essentials (e.g., ice axe, cold weather sailing gear)

Additional items not included in the American Red Cross lists that may be useful in an emergency:

[ ]  Wilderness First Aid Guide

[ ]  Timer or other timepiece

[ ]  Matches/lighter

[ ]  Flashlight/Headlamp with extra batteries

[ ]  Rehydration salts

[ ]  Glucose Powder or Gel

[ ]  Hemostatic (blood clotting) gauze or sponge (e.g., QuikClot®)

[ ]  Sealable Plastic Bags

[ ]  Rope

[ ]  Survival Rations

**REFERENCES AND ADDITIONAL RESOURCES**

[American Red Cross Wilderness and Remote First Aid Emergency Reference Guide](https://www.redcross.org/images/MEDIA_CustomProductCatalog/m49440095_WRFA_ERG_9781584806295.pdf)