



FIRST-AID CHECKLIST



First Aid & Basic Care

Antiseptic wipes (*BZK- or alcohol-based*)

Antibacterial ointment (*e.g., bacitracin*)

Compound tincture of benzoin

Assorted adhesive bandages (*pref. fabric*)

Butterfly bandages

Gauze pads (*various sizes*)

Nonstick sterile pads

Medical adhesive tape (*10 yds., 1"+ width*)

Blister treatment

Ibuprofen/other pain-relief medication

Insect-sting relief treatment

Antihistamine to treat allergic reactions

Splinter (*fine-point*) tweezers

Safety pins

First-aid manual or information cards



Wraps, Splints & Wound Coverings

Elastic wrap

Triangular cravat bandage

Finger splint(s)

SAM splint(s)

Rolled gauze

Rolled, stretch-to-conform bandages

Hydrogel-based pads

First-aid cleanse pads with anesthetic

Hemostatic (*blood-stopping*) gauze

Liquid bandage

Oval eye pads



Medications/Treatments

Hand sanitizer (*BKZ- or alcohol-based*)

Aloe vera gel (*sun exposure relief*)

Aspirin (*for response to a heart attack*)

Antacid tablets

Throat lozenges

Lubricating eye drops

Loperamide tablets (*for diarrhea*)

Poison ivy/poison oak treatment

Insect sting relief treatment

Glucose/sugar to treat hypoglycemia

Oral rehydration salts

Antifungal foot powder

Prescription medications (*e.g., antibiotics*)

Injectable epinephrine for allergic reactions

**These items are part of the Ten Essentials systems.*



Tools & Supplies

Knife (*or multi-tool with knife*)

Paramedic shears (*blunt-tip
scissors*)

Razor blade or #15- or
#12-blade scalpel

Cotton-tipped swabs

Standard oral thermometer

Low-reading (*hypothermia*)
thermometer

Irrigation syringe with
18-gauge catheter

Magnifying glass

Small mirror

Medical gloves (*pref. nitrile;
avoid latex*)

CPR mask

Sewing needle with heavy-
duty thread

Needle-nose pliers with
wire cutter

Duct tape (*small roll*)

Small notepad & waterproof
pencil or pen

Medical waste bag (*plus box
for sharps*)

Waterproof container for all
med supplies

Emergency heat-
reflecting blanket

Headlamp (*preferred*) or
flashlight

Whistle (*pealess preferred*)

Personal locator beacon

Satellite messengers



Personal Items

Sunscreen

Lip balm

Insect repellent (plus headnet,

Collapsible water sink or basin

Water-treatment chemicals

Biodegradable soap
