



The national voice for
America's hikers

Personal First Aid Kit Checklist

Your own medications

- _____
- _____
- _____
- _____

Other

- | | |
|---------------------------------|----------------------------|
| Adhesive bandages | Mirror |
| Alcohol-based sanitizing lotion | Moleskin |
| Alcohol wipes | Needles |
| Antacid | Paper pen/pencil |
| Antihistamine | Safety pins |
| Antiseptic ointment | Scissor |
| Aspirin or ibuprofen | Spare glasses |
| Butterfly bandages | Sterile gauze pads |
| Chemical heat and cold packs | Triangular bandage |
| Diarrhea medicine | Tweezers |
| Elastic roll bandage | Water purification tablets |
| Foot powder | Whistle |
| Hydrocortisone cream | |

Resources

American Red Cross: www.redcross.org

First Responder, Inc.: www.frinc.net/

Wilderness Medical Associates: www.wildmed.com/

Wilderness Medicine Institute: www.nols.edu/wmi/

SOLO Wilderness Medicine: www.soloschools.com/

Schimelpfenig, Tod and Linda Lindsey. *NOLS Wilderness First Aid, Third Edition*. Mechanicsburg: Stackpole Books, 2005.

Tilton, Buck. *Backcountry First Aid and Extended Care*. Guilford: Globe Pequot Press, 1998.

Fact Sheet