

First Aid Camping Kit Recommendation

A first-aid kit well stocked with the basic essentials is indispensable. Choose one sturdy and lightweight, yet large enough to hold the contents so that they are readily visible and so that any one item may be taken out without unpacking the whole kit. Keep a list of contents readily available for easy refilling. Keep the kit in a convenient location. Make one person responsible for keeping the kit filled and available when needed. Quantities of suggested items for your first-aid kit depend on the size of your group and local conditions.

Suggested First-Aid Kit Contents

- Bar of soap/liquid hand sanitizer
- Roller elastic bandages
- Roller gauze bandages
- Sterile pads
- Triangular bandage
- Assorted gauze pads
- Adhesive cloth tape
- Assorted Adhesive strips (band-aids)
- Clinical oral thermometer
- Scissors
- Tweezers
- Sunburn lotion
- Burn Ointment/Spray
- Lip salve
- Poison-ivy lotion
- Small flashlight (with extra batteries and bulb)
- Instant ice/heat packs
- Antibiotic Ointment
- Antiseptic Wipes
- Non-aspirin pain reliever (pill, capsule, and/or liquid)
- Sinus/cold medication
- Survival blanket
- Breathing barrier (CPR mask)
- Non-latex gloves
- Hydrocortisone Ointment
- Antacids
- Bug Bite/Sting Medication (ointment, ampules, spray)
- Moleskin for blisters
- Safety pins
- First aid instruction booklet

