

Backpacking First-Aid Checklist

Select items that match your trip plans and group size.

www.easybackpackingtips.com

Essential First Aid Items

- | | |
|---|--|
| <input type="checkbox"/> Antibiotic ointment | <input type="checkbox"/> Antihistamine |
| <input type="checkbox"/> Anti-itch ointment | <input type="checkbox"/> Antiseptic wipes |
| <input type="checkbox"/> Assorted adhesive bandages | <input type="checkbox"/> Assorted gauze pads |
| <input type="checkbox"/> Blister treatment | <input type="checkbox"/> Butterfly bandages |
| <input type="checkbox"/> Fine point tweezers | <input type="checkbox"/> First-aid manual |
| <input type="checkbox"/> Medical tape | <input type="checkbox"/> Pain relief medicine |
| <input type="checkbox"/> Safety pin/needle | <input type="checkbox"/> Small packet of powdered sports drink |

Additional First Aid Items

- | | |
|--|---|
| <input type="checkbox"/> Duct tape | <input type="checkbox"/> Elastic-wrap bandage |
| <input type="checkbox"/> Emergency blanket | <input type="checkbox"/> Large compress bandage |
| <input type="checkbox"/> Magnifying glass | <input type="checkbox"/> Q-tips |
| <input type="checkbox"/> Razor blade | <input type="checkbox"/> Rolled gauze |
| <input type="checkbox"/> Safety gloves | <input type="checkbox"/> Scissors |
| <input type="checkbox"/> Small mirror | <input type="checkbox"/> Thermometer |
| <input type="checkbox"/> Thread | <input type="checkbox"/> Wire splint |

Additional Medication/Treatment

- | | |
|--|---|
| <input type="checkbox"/> Antacid tablets | <input type="checkbox"/> Antihistamine |
| <input type="checkbox"/> Burn ointment | <input type="checkbox"/> Eye drops |
| <input type="checkbox"/> Foot powder | <input type="checkbox"/> Iodine |
| <input type="checkbox"/> Joint/muscle pain cream | <input type="checkbox"/> Moist towelettes |
| <input type="checkbox"/> Prescription medicines | <input type="checkbox"/> Salt tablets |
| <input type="checkbox"/> Sunburn relief | <input type="checkbox"/> Throat lozenge |
| <input type="checkbox"/> Vitamins | |

Miscellaneous

- | | |
|--------------------------------|--------------------------------|
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |