

# CAMPING FIRST AID KIT CHECKLIST

(courtesy of [Your-Camping-Guidebook.com](http://Your-Camping-Guidebook.com))

## WOUND AND BURN CARE

- Bandages, assorted sizes and shapes\*\*
- Gauze Pads
- Ace Bandages
- Moleskin
- Sanitary Napkins (make great bandages!)
- Medical Tape or Adhesive
- Q-Tips
- Hydrogen Peroxide
- Antiseptic wipes or ointment\*\*
- Antibiotic Cream or ointment\*\*
- Burn Ointment

## MEDICATIONS

- Prescription Medications
- Sunburn Care Lotion
- Hydrocortisone Cream\*\*
- Allergy Medication\*\*
- Topical Antihistamine (Benadryl)
- Pain Reliever (Tylenol, Aspirin, Advil)\*\*
- Eyedrops
- Antacid
- Antidiarrheal
- Vicks Vapor rub
- Cold Medication

## OTHER

- Scissors\*\*
- Tweezers\*\*
- Snake Bite Kit
- Bee Sting Kit
- Insect Repellent\*\*
- Sunscreen\*\*
- Hot/Cold Packs
- First Aid instruction book