CAMPING FIRST AID KIT CHECKLIST
(courtesy of 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