

CAMPING FIRST AID KIT

ADVENTUREITE.COM

ESSENTIAL SUPPLIES	MIN. QTY	DESCRIPTION
NON-LATEX MEDICAL GLOVES	4-5 PAIR	SAFETY AND SANITATION
ASSORTED ADHESIVE BANDAGES	10+ EACH	DIFFERENT SIZES FOR COVERING CUTS AND SCRAPES
ALCOHOL WIPES	50+ PACKS	FOR DISINFECTING SCRAPES AND CUTS
ANTIBIOTIC OINTMENT	2 TUBES	FOR PREVENTING INFECTION
ANTI-ITCH HYDROCORTISONE CREAM	2 TUBES	FOR MOSQUITO BITES AND POISON IVY
IRRIGATION SYRINGE	2	FOR CLEANING OUT CUTS AND WOUNDS
BUTTERFLY BANDAGES	10+	FOR WOUND CLOSURE
GAUZE ROLL AND/OR PADS	25 PADS	FOR DRESSING LARGER WOUNDS
SAFETY PINS	5-10	USEFUL FOR SECURING BANDAGES OR AS A TOOL
QUICK CLOT GAUZE	2 PACKS	STOPS SEVERE BLEEDING QUICKLY
MEDICAL ADHESIVE TAPE	2 ROLLS	FOR HOLDING ON GAUZE, SPLINTS, ETC
ANTISEPTIC WIPES	25	TO CLEAN WOUNDS AND PREVENT INFECTION
PAIN AND FEVER RELIEF PILLS	10 PILLS	FOR DISCOMFORT AND FEVER
ANTIHISTAMINE PILLS	10 PILLS	FOR ALLERGIES AND ALLERGIC REACTIONS
SUNSCREEN	2 TUBES	TO PROTECT AGAINST SUNBURN
BURN GEL OR CREAM	2 TUBES	FOR TREATING MINOR BURNS
INSTANT COLD AND HEAT PACKS	2 EACH	FOR TREATING MUSCLE STRAINS AND REDUCING SWELLING
GOOD METAL TWEEZERS	2 PAIR	FOR REMOVING SPLINTERS OR TICKS
GOOD MEDICAL SCISSORS OR SHEARS	2 PAIR	FOR CUTTING CLOTHES OR WHATEVER NEEDS CUTTING
TERMOMETER	2	PREFERABLY DIGITAL
MOLESKIN TAPE OR BLISTER PADS	2 ROLLS	FOR TREATING BLISTERS
TRIANGLE BANDAGE	2-4	FOR MAKING SPLINTS AND SLINGS.
INSECT REPELLENT WIPES	2 BOXES	FOR DEALING WITH SUDDEN MOSQUITO SWARMS
FLASHLIGHT OR HEADLAMP	2	WITH EXTRA BATTERIES
WHISTLE	2	FOR SIGNALING IN CASE OF EMERGENCY
GENERAL FIRST AID GUIDE	1	FOR REFERENCE

OPTIONAL SUPPLIES	MIN. QTY	DESCRIPTION
EMERGENCY BLANKETS	2	PROVIDES WARMTH AND PROTECTION
CPR MASK	2	PPE FOR DOING CPR.
ORAL REHYDRATION SALTS	1 BOX	FOR TREATING DEHYDRATION.
GLUCOSE OR ENERGY GELS	2*	FOR DIABETIC EMERGENCIES OR LOW BLOOD SUGAR SITUATIONS.
PULSE OXIMETER	1	TO MEASURE OXYGEN SATURATION AND PULSE RATE.
TRAUMA COMPRESSION BANDAGE	2	FOR TRAUMATIC WOUNDS
CHEST SEAL	2	FOR TREATING TRAUMATIC CHEST INJURIES
BLISTER TREATMENT KIT	2	MORE COMPREHENSIVE THAN BLISTER PADS
HYPOTHERMIA THERMOMETER	1	CAPABLE OF READING LOWER BODY TEMPERATURES
SAM SPLINT	1	A VERSATILE, MOLDABLE SPLINT FOR FRACTURES AND SPRAINS.
WATER PURIFICATION TABLETS	1 BOTTLE	IN CASE YOU NEED TO PURIFY DRINKING WATER
EPIPEN (EPINEPHRINE AUTO-INJECTOR)	1-2	FOR SEVERE ALLERGIC REACTIONS
PRESCRIPTION MEDICATIONS	3 DAYS	EXTRAS IN CASE OF EMERGENCY