

First Aid Checklist



Print out this first aid checklist to ensure you have the proper supplies while camping, hiking, or spending time outdoors.

TICK BITES

- Protective clothing
- Fine-tipped tweezers
- Rubbing alcohol
- Tissue and container for disposal

BUG BITES

- Insect repellent
- Hydrocortisone cream
- Calamine lotion
- Antihistamine

FEVER/PAIN

- Thermometer
- Aspirin, Ibuprofen, Tylenol, Excedrin
- Pain relieving spray
- Icy Hot
- Cooling pack

BREAK/SPRAIN/SWELLING

- Flexible splint
- Finger splint
- Cooling packs
- Elastic bandages
- Athletic tape

DEHYDRATION

- Sports drink packets with electrolytes
- Oral IV
- Water

BURNS

- Burn gel and dressing
- Topical antimicrobial ointment

BLEEDING AND WOUNDS

- Regular bandages in various sizes
- Butterfly bandages
- Liquid bandage
- Trauma pads
- Gauze roll
- Surgical scissors
- Topical antibiotic ointment
- Hydrogen peroxide

OVER-THE-COUNTER MEDICATIONS

- Antihistamines
- Anti-nausea medicine
- Anti-diarrhea meds
- Cold medicine
- Antacid
- Cough drops

First Aid Checklist for Pet Owners



GENERAL

- Head cone
- Comfort items
- Muzzle
- Syringe for medication
- Carrier to transport your pet
- Calming mist

PAIN

- Baby aspirin
- Cooling pack

ALLERGY

- Benadryl (cannot be a decongestant)

TICK BITES

- Tick collar
- Fine-tipped tweezers
- Rubbing alcohol
- Tissue or container for disposal

POISON CONTROL

(to absorb poison and induce vomiting)

- Milk of magnesia
- Activated charcoal
- Hydrogen peroxide

BLEEDING AND WOUNDS

- Antibiotic ointment or spray
- Gauze
- Scissors
- Tape
- Hydrogen peroxide
- Cotton balls
- Non-stick bandages
- Adhesive tape

PAPERWORK

- Vaccination and medical records
- Emergency phone number