

GEARJUNKIE

First-Aid Kit Checklist

Wound Care/Burns/Blisters

- Assorted adhesive bandages
- Butterfly bandages/Wound-closure strips
- Gauze pads (various sizes)
- Hemostatic (blood-stopping) gauze
- Antiseptic wipes (BZK- or alcohol-based)
- Povidone-iodine solution
- Tincture of benzoin swabs
- Cotton-tip applicators (Q-tips)
- Medical adhesive tape
- Self-adhering bandage
- Burn cream
- Moleskin
- Antibiotic ointment
- 2nd Skin dressings

Fractures/Sprains

- Elastic bandage with closure
- Triangular bandage
- Finger splint
- SAM splint
- Instant ice pack

Medications

- Ibuprofen
- Acetaminophen (Tylenol)
- Antihistamine
- Anti-itch cream (hydrocortisone)
- After Bite sting and itch relief wipe
- Diamode (loperamide)
- Aspirin
- Prescription medications
- Rehydration tablets

Instruments

- EMT shears
- Splinter picker/Tick remover forceps
- Oral thermometer
- Safety pins
- Irrigation syringe
- Duct tape

Personal Protection

- Nitrile gloves
- CPR face shield

Other/Optional

- Emergency heat-reflecting blanket
- Waterproof bag (to hold everything)
- Eye wash
- Headlamp
- Whistle
- Personal beacon
- Satellite messenger
- Sunscreen
- Lip balm
- Insect repellent
- Epinephrine auto-injector
- Small ziplock bags for organization
- Small notepad and waterproof pencil or pen
- Pocket instruction guide
- Portable battery pack
- Water purification tablets or filter