

First Aid Kit Checklist

First aid kits are an important safety tool that can help you manage a variety of medical incidents. Make sure you are carrying a first aid kit that is complete and contains unexpired medication.

The American Red Cross recommends the following for inclusion in an individual Wilderness First Aid kit:

Adhesive bandages (6)

Sterile gauze pads, 3-×-3-inch (2)

Adhesive tape (1 small roll)

Moleskin, 3-×-6-inch (1)

Soap (1 small bar) or alcohol-based hand sanitizing gel (1 travel-sized bottle)

Wound gel (1 small tube)

Scissors (1 pair)

Latex-free medical exam gloves (1 pair)

Cardiopulmonary resuscitation (CPR) breathing barrier (1)

Tweezers

Wilderness and Remote First Aid Report Form/Rescue Request and pencil

A larger group kit should include:

Gauze bandage, 3-inch rolls (2)

Self-adhesive bandage, 2-inch roll (1)

Adhesive tape, 1-inch rolls (2)

Alcohol pads (12)

Povidone-iodine pads (12)

Assorted adhesive bandages (1 box)

Elastic bandages, 3-inch-wide (2)

Sterile gauze pads, 4-×-4-inch (12)

Moleskin, 3-×-6-inch (4)

Gel pads for blisters and burns (2 packets)

Wound gel (1 tube)

Hydrocortisone cream 1 percent (1 tube)

Triangular bandages (4)

Soap (1 small bar) or alcohol-based hand sanitizing gel (1 travel-sized bottle)

Scissors (1 pair)

Tweezers (1 pair)

Safety pins (12)

Latex-free medical exam gloves (6 pairs)

Protective goggles/safety glasses (1 pair)

CPR breathing barrier (1)

Wilderness and Remote First Aid Report Form/Rescue Request and pencil

Instant cold compress

Space blanket

Original size SAM® Splint

Additional Recommended Items

Denture adhesive

Irrigation syringe

Thermometer

Commercial tourniquet

Ibuprofen

Chewable low-dose aspirin (81 mg each)

Acetaminophen

Oral antihistamine

Properly labeled prescription medications for individuals

Needle

Alcohol (and/or vinegar)

Tampons/pads

Decongestant nasal spray

Over-the-counter diarrhea medication

Zinc oxide powder

Chemical heat packs

Full water bottle(s) (especially in waterless areas)

Water purification and backup

Ground insulation (e.g., a “sit-upon” camp mat)

Shelter (could be a plastic tube shelter)

Plastic bag

Emergency blanket

Signaling device (e.g., mirror, whistle)

Duct tape

Identification/medical form

Special environmental essentials (e.g., ice axe, cold weather sailing gear)

Additional items not included in the American Red Cross lists that may be useful in an emergency:

Wilderness First Aid Guide

Timer or other timepiece

Matches/lighter

Flashlight/Headlamp with extra batteries

Rehydration salts

Glucose Powder or Gel

Hemostatic (blood clotting) gauze or sponge (e.g., QuikClot®)

Sealable Plastic Bags

Rope

Survival Rations

**REFERENCES AND ADDITIONAL RESOURCES**

[American Red Cross Wilderness and Remote First Aid Emergency Reference Guide](https://www.redcross.org/images/MEDIA_CustomProductCatalog/m49440095_WRFA_ERG_9781584806295.pdf)