

Outdoor First Aid Basics Checklist

A starter checklist for packing and checking a small outdoor first-aid kit.

Best for Minor trail problems	Format Printable PDF	Use Print or save offline
---	--------------------------------	-------------------------------------

Personal Needs

- Needed medication for each person.
- Allergy and medical notes.
- Emergency contact details.
- Identification or insurance details when useful.
- Provider-suggested personal items.

Wound And Blister Supplies

- Adhesive bandages in mixed sizes.
- Sterile gauze pads.
- Gauze roll.
- Medical tape.
- Blister pads or moleskin.
- Antiseptic wipes.

Protection And Tools

- Nonlatex disposable gloves.
- Tweezers.
- Small scissors.
- Hand sanitizer.
- Breathing barrier.
- Emergency blanket.
- Instant cold compress.

Before You Leave

- Tell someone your route and return time.
- Know where the kit is packed.
- Keep the kit dry and easy to reach.
- Check expiration dates.
- Replace used or out-of-date supplies.
- Add a small first-aid instructions card.

Safety note: This checklist helps you pack supplies; it is not medical training or emergency guidance. Call local emergency services for serious, worsening, or uncertain conditions.