

DIY Hiking First Aid Kit Checklist

Hygiene Basics

- | | |
|--|--------------------------------|
| <input type="checkbox"/> Hand sanitizer
<i>(at least 60% alcohol)</i> | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Antiseptic wipes | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cotton swabs | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Disposable surgical gloves | <input type="checkbox"/> _____ |

Wound Care Basics

- | | | |
|---|---|--------------------------------|
| <input type="checkbox"/> Strip bandages | <input type="checkbox"/> Small scissors | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Knuckle bandages | <input type="checkbox"/> Tweezers | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Butterfly closure strips | <input type="checkbox"/> Aloe vera gel | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Gauze roll | <input type="checkbox"/> Blister cushions | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Medical tape | | <input type="checkbox"/> _____ |

Medications

- Sealable, waterproof container(s)
- Puncture-proof container
- Non-drowsy pain reliever
- Aspirin
- Anti-diarrheal pills
- Antihistamine/allergy pills
- Antibiotic ointment
- Anti-itch ointment

Emergency Medications:

- | | |
|--------------------------------|--------------------------------|
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

For Diabetics:

- Blood sugar monitor
- Test strips
- Glucose tablets