

# Essential First Aid Kit Items for Camping

## Medications

- Antibiotic ointment or cream (such as Neosporin)
- Allergy pills (such as Zyrtec)
- Anti-diarrhea pills
- Anti-itch cream (such as Benadryl)
- Anti-inflammatory medication (such as ibuprofen or naproxen)
- Cold medicine
- Eye drops/eye wash
- Hydrocortisone cream
- Pain medication (such as Tylenol or aspirin)
- Pain-relief lotion (such as Calamine)
- Prescription medication(s) for each member of the camping party
- Stomach medicine (antacids, PeptoBismol, etc.)
- Sunburn relief spray (such as sunburn spray or aloe vera gel)

## Wound Supplies

- Adhesive bandages (such as Band-Aids) in multiple sizes
- Moleskin
- Cold pack
- Elastic bandage (such as ACE)
- Gauze (squares and rolls)
- Latex gloves
- Sanitizer (such as rubbing alcohol, hand sanitizer, peroxide, antiseptic wipes)
- Superglue (Be sure the type you select can be used to close skin)
- Tampons (to help plug puncture wounds)

## Tools

- Knife
- Magnifying glass
- Mirror (pocket-size with cover)
- Safety pins
- Sewing needle and thread
- Small scissors
- Tweezers

## Miscellaneous

- Duct tape
- Emergency blanket (made from aluminized mylar)
- Insect spray (such as Off!)
- Sunscreen
- Phone charger
- Water purification supplies (tablets, LifeStraw, etc.)
- Whistle