

Wilderness First Aid Checklist

Venturing into the wilderness brings a sense of adventure and exploration, but it also comes with inherent risks. Having a well-prepared first aid kit is crucial for addressing potential injuries and emergencies that may arise during your trip. This Wilderness First Aid Checklist is designed to help you assemble a comprehensive first aid kit tailored to your specific adventure.

Why Bring a First Aid Kit?

Whether you are embarking on a short hike or a multi-day backpacking trip, the items you bring from this checklist will depend on the type of trip, your goals, the environment, and other factors. Personal adjustments are necessary to ensure that your first aid kit meets your unique needs and circumstances.

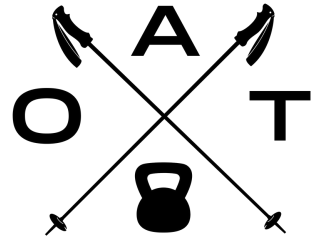
It's important to never depend on someone else to bring a first aid kit. You are the only one responsible for your own safety. Having your own kit ensures you are prepared for any situation, allowing you to respond promptly and effectively to injuries or medical emergencies.

Additionally, always bring a satellite communication device. In remote areas where cell service is unavailable, a satellite device can be a lifesaver, enabling you to call for help in an emergency.

Lastly, we highly recommend enrolling in a Wilderness First Aid (WFA) or Wilderness First Responder (WFR) course. These courses provide essential skills and knowledge for handling medical emergencies in the backcountry, giving you the confidence and competence to manage situations until professional help can be reached.

Remember, preparation is key to a safe and enjoyable adventure. Use this checklist to build a first aid kit that ensures you are ready for the unexpected, allowing you to explore the wilderness with peace of mind.

FIRST AID KIT ESSENTIALS



BASIC CARE

- | | |
|---|--|
| <input type="checkbox"/> Antiseptic wipes | <input type="checkbox"/> Insect-sting relief treatment |
| <input type="checkbox"/> Antibacterial ointment (e.g., bacitracin) | <input type="checkbox"/> Antihistamine (Benadryl) |
| <input type="checkbox"/> Compound tincture of benzoin | <input type="checkbox"/> Fine-point tweezers |
| <input type="checkbox"/> Assorted adhesive bandages | <input type="checkbox"/> Safety pins |
| <input type="checkbox"/> Butterfly bandages | <input type="checkbox"/> First-aid manual |
| <input type="checkbox"/> Gauze pads (various sizes) | <input type="checkbox"/> Poison ivy/poison oak treatment |
| <input type="checkbox"/> Nonstick sterile pads | <input type="checkbox"/> Medical Gloves |
| <input type="checkbox"/> Athletic tape | <input type="checkbox"/> Anti-diarrheal Medication |
| <input type="checkbox"/> Blister treatment | <input type="checkbox"/> Antacid Tablets |
| <input type="checkbox"/> Pain Relief: Ibuprofen, acetaminophen, or aspirin. | <input type="checkbox"/> _____ |
| | <input type="checkbox"/> _____ |



WRAPS & SPLINTS

- Elastic wrap
- Triangular cravat bandage
- SAM splint
- Rolled gauze
- Rolled, stretch-to conform bandages
- Hydrogel-based pads
- First-aid cleanse pads with anesthetic
- Co-band



TOOLS & SUPPLIES

- Knife (or multi-tool with knife)
- Paramedic shears (blunt-tip scissors)
- Irrigation syringe
- Cotton-tipped swabs
- Duct tape (small roll)
- Small notepad & pen
- Emergency heat reflecting blanket
- Whistle
- _____
- _____



PERSONAL ITEMS

- Satellite Communication Device
- Sunscreen
- Lip balm
- Insect repellent
- Satellite communication device
- Prescription medications
- Aloe vera gel
- Hand sanitizer
- _____
- _____