



BACKPACKING FIRST AID KIT CHECKLIST

MEDICATION

- Your preferred pain relief pills(also anti-inflammatory)
- Antidiarrheal (can really save your trip)
- Antihistamine (against allergic reactions)
- Laxative (can be as useful as antidiarrheal medications)
- Aspirin (heart attack prevention)
- Your prescribed medications
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WOUND CARE

- Bandages (assorted sizes for small cuts, blisters, etc.)
- Sterile dressing pads (to stop bleeding)
- Gauze roll (holds dressing in place)
- Elastic roll bandage (good for e.x. Knee stabilisation)
- Triangular bandage
- Non-stick sterile pads
- Medical adhesive tape (e.x. Leukotape P or Fixomul)



BACKPACKING FIRST AID KIT CHECKLIST

- Moleskin (for blisters)
- Antiseptic wipes (to clean the wounds)
- Triple Antibiotic Ointment (in single, squeeze tubes for difficult wounds)
- Skin closures (on the go stitches)
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TOOLS

- Small scissors (to cut tape, bandages etc.)
- Your regular knife
- Tweezers (removing splinters)
- Safety pins (to treat blisters, create arm sling)
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OTHERS

- Nitrile gloves
- CPR mask
- Space blanket/bag (in case of hypothermia or emergency night stay)



BACKPACKING FIRST AID KIT CHECKLIST

- Duct tape (all rounder)
- Plastic bags (use as for cleaning wounds, storing waste)
- Electrolytes (during diarrhea, heat exhaustion, vomiting etc.)
- Hydrocortisone cream (relieves skin irritations)
- Cotton-tip swabs (applying antibiotic ointment, removing stuff from the eyes)
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