



## HIKING FIRST AID KIT CHECKLIST

### MEDICATIONS

- Ibuprofen, Advil, or Tylenol
- Benadryl
- Hydrocortisone cream
- Loperamide/Imodium
- Dulcolax
- Pepcid or Tums
- Sudafed, Zyrtec, or Claritin
- Epi-pen (if needed)

### TOOLS

- Precision tweezers
- Small scissors
- Hand sanitizer
- Sunscreen
- Small medical card
- Emergency blanket
- Waterproof fire starter
- Garmin InReach

### WOUND CARE

- Band-aids (in different sizes/shapes)
- Roll gauze
- Medical tape
- Steri-Strips
- Disposable surgical gloves
- Antiseptic wipes
- Triple Antibiotic Ointment