Backpacking First-Aid Kit

A first aid kit is one of the ESSENTIALS you should always take on a hike, and it's especially important on an overnight backpacking trip. Some of the stuff inside you'll use fairly regularly and should replace often (moleskin for blisters, bandages, or aspirin), while others are rarely used but are critical in an emergency. Each person's kit should vary depending on the medical conditions of the hiker, the length and duration of the trip, and the area you'll be hiking into.

You can purchase prepackaged kits, but you'll want to supplement these kits with additional equipment, any prescription medications you're taking and medications for conditions specific to the hiker or hikers in your group (epinephrine pen for those allergic to bee stings, for example).
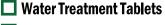
Organize and waterproof your kit with small re-sealable bags and plastic bottles. Label medications. You can also include other commonly used items in your first aid kit: lip balm, sunscreen, insect repellent, multi-use tool, and a small roll of duct tape (which is extremely handy for any and all repairs).

The supply checklist below is by no means comprehensive, but a basic first aid kit should include the following items:

Basic Care

- ☐ **Antiseptic Wipes** (BZK-based wipes preferred)
- ☐ **Antibacterial Ointment** (e.g., bacitracin)
- ☐ **Assorted Adhesive Bandages** (fabric preferred)
- ☐ **Butterfly Bandages / adhesive wound-closure strips**
- ☐ **Gauze Pads** (various sizes)
- ☐ **Nonstick Sterile Pads**
- ☐ **Blister Treatment**
     - Moleskin Padding
     - Ace Bandage
     - Band-Aid Friction Block

- ☐ **Safety Pins**
- ☐ **Liquid Bandage**
- ☐ **Ibuprofen** (pain-relief medication)
- ☐ **Antihistamine** (to treat allergic reactions)
- ☐ **Splinter Tweezers** (fine-point)
- ☐ **Medical Adhesive Tape** (10 yd. roll, min. 1" width)
- ☐ **Insect Sting Relief Treatment**
- ☐ **Triangular Bandage**
- ☐ **Blunt Tip Scissors**

Personal Care

- ☐ **Sunscreen**
- ☐ **Lip Balm** (e.g., Chapstick)
- ☐ **Hand Sanitizer**
- ☐ **Biodegradable Soap**
- ☐ **Water Treatment Tablets**
- ☐ **Personal Medications**