

FIRST AID KIT CHECKLIST

Pack ID: _____ Last Inspected: _____

WOUND CARE & DRESSINGS

ITEM DESCRIPTION	QTY	EXPIRY
Adhesive Bandages (Assorted Sizes)	10	-
Sterile Gauze Pads (4x4)	4	-
Non-Stick Dressing	2	-
Medical Tape Roll	1	-
Butterfly Closures / Steri-Strips	5	-

MEDICATION & OINTMENTS

ITEM DESCRIPTION	QTY	EXPIRY
Ibuprofen / Pain Reliever	8	
Antihistamine (Diphenhydramine)	4	
Antibiotic Ointment Packets	3	
Antiseptic Wipes (Alcohol-free)	6	
Hydrocortisone Cream	1	

TOOLS & SURVIVAL

ITEM DESCRIPTION	QTY	CONDITION
Tweezers (Fine Tip)	1	

ITEM DESCRIPTION	QTY	CONDITION
Safety Pins (Large)	3	
Emergency Mylar Blanket	1	
Nitrile Gloves (Pair)	2	
Irrigation Syringe (10cc)	1	

FOOT CARE & WRAPS

ITEM DESCRIPTION	QTY	NOTES
Moleskin or Blister Pads	4	
Elastic Bandage (ACE Wrap)	1	
Triangular Bandage	1	

Note: This list is for informational purposes. Regularly check for expired items and replenish after every hike.