

## Camping First Aid & Safety Checklist

Going prepared for first aid & safety isn't just about dealing with cuts & sprains. Having the right equipment (like sunblock) enables us to fully enjoy camping. Use this list as a beginning and be sure to make it your own...

### First Aid

- Peroxide
- Rubbin Alcohol
- Tweezers for slivers
  
- Nail Clippers (great for hang nails)
- Acetiminophen
- Ibuprofen (great for sprains)
- Polysporin antibiotic cream
- Aloe Vera for burns
  
- Q-Tips
- Band-aids
- Liquid Bandaid (great for long cuts or going swimming)
- Compass
- Bug Repellant
- Calomine lotion (in case of poison ivy)
- Baby Wipes (great for on the go hand clean-ups when away from running water)
- Tissues (one for each tent)
- Dental floss
- Warm blanket (at least one more per tent than you think you'll need)
- After Bite
- Safety pins
- Scissors
- Latex Gloves
- Cotton Balls
- Gauze
- Safety
- Duct Tape
  
- Emergency cash in small denominations
- Change for vending machines (e.g. washing machine & dryer)
- Fly Swatters (one for each tent or person)
- Sunblock (we prefer unscented SPF 30 or greater, waterproof)
- Whistles
- Umbrella (one for each person)
- Sewing kit
- Cell phone & car charger
- Refillable water bottles to take on outings
- Alcohol based hand wash (at least 30% alcohol to be effective)
- Crank flashlight for each person
- Crank radio
- Tarp
- Matches
- Ziploc Baggies
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Much of the safety supplies can be kept in a compact box that can remain in your vehicle. We have our regular van safety kit and we supplement it with a small box (with lid) of extra first aid supplies.