



First Aid Kit Essentials

Whether you choose to buy a pre-made first aid kit or build your own, here are the "must haves". Campers should have at least 2 of each item if it's disposable or single use. i.e. band aids, gauze, alcohol prep pads and gloves. They'll need one for camp activities and at least one to keep in their first aid kit. *Keep medications and dangerous substances away from young children.*

- Band Aids-Regular Size
- Band Aids-Assorted Sizes and Shapes
- 2" x 2" Gauze Pads
- 4" x 4" Gauze Pads
- Triangular Bandage
- Butterfly Wound Closure Bandages
- 3" Elastic Wrap (a.k.a. Ace Bandage)
- Athletic Tape (roll) or Ready Wrap Tape (sticks to self and is removable)
- Liquid Bandage (not required for camp)
- Instant Cold Pack
- After Bite Insect Bite Treatment (not required for camp)
- Alcohol Prep Pads
- Antiseptic Towelettes
- Antibiotic Cream/Ointment
- Aspirin 325mg acetylsalicylic acid (not required for camp)
- Finger Splint (craft/popsicle stick is an inexpensive alternative)
- Scissors (medical)
- Tweezers (medical)
- Vinyl Gloves
- CPR Breathing Barrier
- Zipper Sandwich Bag
- Tape-masking or painters
- Marker (permanent)
- Sugar (individual packet, or small sealed container or a small tube of icing sugar).
- Sun Block Lotion (not required for camp)