



## Personal Outdoor First Aid Checklist

### Prevention

Item	Qty	Use By	Notes
Insect repellent			
Sun cream			
Hat			
Lip salve			
Tubular bandage			
Deep Heat			

### Cure

Item	Qty	Use By	Notes
Antihistamine			
Paracetamol			
Ibuprofen			
Antiseptic wipes			
Tube of antiseptic			
Plaster			
Skin closures			
Large sterile dressing			
Dressing tape			Double up – Gaffa tape
Bandage roll			
Triangular bandage			
Tick tweezers			
Tweezers			Double up - multi-tool
Scissors			Double up – multi-tool

### Personal Medication

Item	Qty	Use By	Notes

### Other

Item	Qty	Use By	Notes
Foil blanket			
Whistle			
Emergency numbers			
Personal details			