



# Backpacking First Aid Checklist

## Bandage Materials:

- Bandages (assorted sizes)
- (2) Steripad 4"x4"
- (2) Steripad 2"x3"
- (2) Steripads 2"x2"
- Butterfly Skin Closures
- Roller Guaze
- New-Skin

## Bleeding:

- (1) Medical Gloves

## Blister / Burn:

- Leukotape
- Hydrocortisone Cream

## Fracture / Sprain:

- (1) Elastic Bandage (ACE)

## Instruments:

- Tweezers
- Nail Clippers
- Cotton Swabs
- (3) Safety pins

## Medication:

- Ibuprofen (200mg)
- Acetaminophen (325mg)
- Aspirin (81mg Chewable, Baby Aspirin)
- Diphenhydramine (25mg)

## Wound Care:

- (2) Antibacterial ointment
- (4) Antiseptic towelettes
- (6) Sterile alcohol prep pad
- Medical Tape (1/2", small roll)

## Other:

- Eye Wash Solution
- (2) Aquatab water purification tablets
- SPF 30+ sunscreen
- Chapstick (Vaseline)
- Wet Ones
- Gorilla Tape
- Hot Hands

If you have an emergency where a forest ranger is needed, call 911 and ask for DEC Forest Ranger assistance or call the DEC's Public Protection Dispatch at **1-833-NYS-RANGERS** (1-833-697-7264).