

# First Aid Essentials

<https://www.howtohavefunoutdoors.com/>

- Bandages (of varying sizes)
- Blister Roller Bandages
- Gauze Bandages
- Gauze Pads
- Cotton Balls
- Sterile Wipes or Rinse Solutions
- Antiseptic ointment
- Pain Medicine
- Hand Sanitizer
- Sunscreen
- Aloe Vera
- Burn Ointment
- Antihistamine Medicine
- Cold Compress/Heat Packs
- Tums (for upset stomach)
- Tweezers (for splinters/removing debris from wounds)
- Scissors
- Medical Gloves
- Bug Spray
- Rubbing Alcohol (to clean tweezers, etc.)
- Eye Drops
- Lip Balm
- Medical Tape
- Zip Loc Bag (for disposal of unsanitary items)
- Thermometer