

## **Camp Safety and First Aid Checklist**

### **General Camp Safety**

- Fuel containers properly labeled
- Axes, Hatchets, Saws properly sheathed
- Minimum 6' cleared ground around campfire
- Firewood chopping area roped off
- Ground holes properly marked
- Low-hanging "eye-poke" branches noted
- Tent/tarp guy-lines flagged (caution-tape or cloth strips)
- First Aid kit in visible, easy to find location

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### **Campsite First Aid Kit**

#### ***Basics***

- Misc. Band Aides/bandages
- Sterile gauze pads
- Roll gauze bandage (1.5" wide)
- Triangular bandages
- Butterfly bandages
- Cotton swabs
- Medical Tape
- Ace bandages
- Antiseptic wipes
- Antibiotic cream
- Burn ointment
- Hydrogen Peroxide
- Aspirin
- Benzedrine
- Mole skin for blisters
- Scissors
- Tweezers
- Safety Pins
- Basic First Aid Instruction sheets/cards
- Personal medications

#### ***Extras***

- Antibacterial soap
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- Bee Sting kit
- Snake Bite Kit
- Poison Ivy Cream
- Aloe sunburn lotion
- Ipecac
- Ibuprofen/Tylenol/Naproxin
- Anti-acids (Tums, Rolaids)
- Eye wash
- Eye drops
- Splinting materials
- Heat/cold packs
- Latex gloves
- Nail clippers
- Small mirror
- Single-edge razor blades
- Thermometer
- Tourniquet strap

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The best comprehensive, (and safest), option is to purchase a first aid kit designed for outdoor camping. Check local sporting goods stores or the Amazon links below.

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[Camping Checklists at Campingwithgus.com](http://campingwithgus.com)

<http://campingwithgus.com/camping-checklists/>

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