

HIKING FIRST-AID AND EMERGENCY CHECKLIST

All items should be stored in a light, water-proof container or plastic bag. This is not an all-inclusive list, but it can be used to get started. Be sure to check your first aid kit regularly, and if you take something out, replace it.

First-Aid Supplies:

- Aloe vera gel
- Antiseptic towelettes
- Assortment of bandages
- Butterfly bandages
- Bug spray
- First-aid/CPR guide
- Gauze
- Hand sanitizer
- Ibuprofen
- Medical/adhesive tape
- Medications for allergic reactions
- Moleskin/blister treatment
- Poison ivy treatment
- Scissors
- Sunscreen
- Tweezers

For Emergencies:

- Flashlight/headlamp
- Heat-reflecting blanket
- Matches
- Water purifying kit
- Whistle

Appointments: 855-UMASS-MD (855-862-7763)

