

EXPEDITION SOUTHWEST

CAMPING FIRST AID KIT

FIELD GUIDE

VOL. 1

SAFETY

What I Pack for Overlanding • Camping • Road Trips



MEDICATIONS

- ☐ Tylenol (Acetaminophen)
- ☐ Ibuprofen
- ☐ Daily Allergy Medication
- ☐ Benadryl (Diphenhydramine)
- ☐ Imodium (Anti-Diarrheal)
- ☐ Tums or Pepcid



MEDICAL TOOLS

- ☐ Pulse Oximeter
- ☐ Instant Cold Packs
- ☐ CPR Face Shield / Mask
- ☐ Tourniquet
- ☐ Trauma Shears
- ☐ Tweezers
- ☐ Bandage Scissors
- ☐ Digital Thermometer
- ☐ Medical Gloves



WOUND CARE & TREATMENTS

- ☐ Triple Antibiotic Ointment
- ☐ Alcohol Prep Pads
- ☐ Antiseptic Wipes
- ☐ Hydrocortisone Cream
- ☐ Sterile Eyewash
- ☐ Sting Relief Pads
- ☐ Burn Cream



BANDAGES & DRESSINGS

- ☐ Assorted Bandages
- ☐ Knuckle Bandages
- ☐ 4x4 Sterile Gauze Pads
- ☐ Rolled Gauze
- ☐ ACE Bandage
- ☐ Butterfly Closures
- ☐ Triangular Bandage
- ☐ Cotton Swabs
- ☐ Moleskin
- ☐ Medical Tape



OPTIONAL ITEMS

- ☐ Kids' Bandages
- ☐ Electrolyte Packets
- ☐ SAM Splint
- ☐ Prescription Medications
- ☐ Emergency Blanket
- ☐ Tick Remover
- ☐ Headlamp / Flashlight
- ☐ Whistle
- ☐ Notebook & Pen



BEFORE EVERY TRIP

- ☐ Replace expired medications
- ☐ Restock used supplies
- ☐ Check thermometer battery
- ☐ Verify everything is clean
- ☐ Ensure items are sealed and ready to go



TRIP INFORMATION

Vehicle: _____
Destination: _____

Date Checked: _____
Checked By: _____

Emergency Contact: _____
Phone: _____

NOTES



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Adventure Resources &
Overlanding Guides



FIELD GUIDE SERIES

Volume 1 • Safety • Version 1.0

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