

## CHECKLISTS: FIRST AID, CAMPING, HIKING

Minimum First Aid Equipment			
<input type="checkbox"/> Adhesive bandages	<input type="checkbox"/> Elastic Bandages	<input type="checkbox"/> Moleskin	<input type="checkbox"/> Sunburn cream
<input type="checkbox"/> Gauze Pads	<input type="checkbox"/> Poison Ivy lotion	<input type="checkbox"/> Needles	<input type="checkbox"/> Aspirin
<input type="checkbox"/> Adhesive tape	<input type="checkbox"/> Triangular bandages	<input type="checkbox"/> Scissors	<input type="checkbox"/> Antacid tablets
<input type="checkbox"/> Roller bandages	<input type="checkbox"/> Antibacterial soap	<input type="checkbox"/> Safety Pins	<input type="checkbox"/> Emergency Money
<input type="checkbox"/> Butterfly bandages	<input type="checkbox"/> Oral thermometer	<input type="checkbox"/> Tweezers	<input type="checkbox"/> Pencil and Paper

Camping Checklist			
Essential Equipment			
<input type="checkbox"/> Duffel Bag/Pack	<input type="checkbox"/> Sleeping bag	<input type="checkbox"/> Ground pad	<input type="checkbox"/> Hat (summer)
<input type="checkbox"/> Extra clothing	<input type="checkbox"/> Class A & B uniform	<input type="checkbox"/> First Aid kit	<input type="checkbox"/> Stocking cap (winter)
<input type="checkbox"/> Boots & extra shoes	<input type="checkbox"/> Toiletries	<input type="checkbox"/> Unbreakable mug	<input type="checkbox"/> Insect repellent
<input type="checkbox"/> Pocket knife	<input type="checkbox"/> Flashlight	<input type="checkbox"/> Compass	<input type="checkbox"/> Jacket (fall-spring)
<input type="checkbox"/> Scout book/pencil	<input type="checkbox"/> Sunscreen	<input type="checkbox"/> Raingear	<input type="checkbox"/> Canteen/water bottle
Optional Equipment			
<input type="checkbox"/> Swim trunks	<input type="checkbox"/> Sunglasses	<input type="checkbox"/> Lip balm	<input type="checkbox"/> Folding camp stool
<input type="checkbox"/> Camera & film	<input type="checkbox"/> Hiking stick	<input type="checkbox"/> Class C uniform	<input type="checkbox"/> Pillow
<input type="checkbox"/> Duct tape	<input type="checkbox"/> Parachute cord	<input type="checkbox"/> Sewing kit	<input type="checkbox"/> Multi-purpose tool

Hiking Checklist			
Essential Equipment			
<input type="checkbox"/> Daypack	<input type="checkbox"/> Water	<input type="checkbox"/> Food	<input type="checkbox"/> Map & compass
<input type="checkbox"/> Extra clothing	<input type="checkbox"/> Fire starter/matches	<input type="checkbox"/> First Aid kit	<input type="checkbox"/> Flashlight/headlamp
<input type="checkbox"/> Sunscreen	<input type="checkbox"/> Sunglasses	<input type="checkbox"/> Signaling device	<input type="checkbox"/> Raingear
<input type="checkbox"/> Pocket knife	<input type="checkbox"/> Toilet paper	<input type="checkbox"/> First aid booklet	<input type="checkbox"/> Whistle
Optional Equipment			
<input type="checkbox"/> Water purifier	<input type="checkbox"/> Insect repellent	<input type="checkbox"/> Lip balm	<input type="checkbox"/> Hat
<input type="checkbox"/> Camera & film	<input type="checkbox"/> Hiking stick	<input type="checkbox"/> Binoculars	<input type="checkbox"/> Paper & pencil