



# Car Camping First Aid Packing List

## Bandages

- Normal Band-aids
- Spot Band-aids
- Blister Band-aids (Big)
- Blister Band-aids (Small)
- Gauze 2x2 (5 each)
- Gauze 4x4 (5 each)
- Wound Closure Strips
- Ace Wrap

## Ointment

- Anti-itch cream
- Burn Gel
- Aloe
- Antibiotic Ointment
- Hand sanitizer
- Aquaphor

## Extras

- Tweezers
- Safety Pins
- Triangle Bandage
- Baby wipes
- Icepacks
- Scissors
- Tape
- Splint

## Medications

- Tylenol
- Ibuprofen
- Antihistamine
- Eye drops

## Hiking Add-on

- Lighter
- Multi-tool
- Emergency Blanket
- Whistle
- Compass
- Protein Bar
- Flashlight/headlamp
- Paracord
- Rain poncho

## Custom

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