



## Suggested First Aid Packing Kit for Camp

Info taken from: <http://wwwnc.cdc.gov/travel/destinations/india/traveler/packing-list>

This list is general please tailor it to suit the needs of your family.

### REMEMBER TO BRING YOUR:

#### Prescription medicines

- **Your prescriptions** - All camper cabins have a small cupboard that can be locked for safety. Please feel free to use these you will need to bring a small lock.

#### Medical supplies

- **Glasses** - Consider packing spare glasses in case yours are damaged
- **Contact lenses** - Consider packing spare contacts in case yours are damaged
- **Diabetic Supplies if necessary**
- **Insulin** - may be kept in the First Aid Post refrigerator
- **Inhalers**
- **Epinephrine auto-injectors (Epi-Pens)**
- **Medical alert bracelet or necklace**

#### Over-the-counter medicines

- **Antacid**
- **Diarrhea medicine** - Examples: loperamide [Imodium] or bismuth subsalicylate [Pepto-Bismol]
- **Antihistamine**
- **Cough drops**
- **Cough suppression/expectorant**
- **Decongestant**
- **Medicine for pain and fever** - Examples: acetaminophen, aspirin, or ibuprofen
- **Mild laxative**
- **Saline nose spray**

#### Supplies to prevent illness or injury

- **Hand sanitizer or wipes** - Alcohol-based hand sanitizer containing at least 60% alcohol or antibacterial hand wipes
- **Insect repellent** - Select an insect repellent based on CDC recommendations: [Avoid Bug Bites](#)
- **Sunscreen** - (SPF 15 or greater) with UVA and UVB protection. See [Sun Exposure](#).
- **Sunglasses and hat** - Wear for additional sun protection. A wide brim hat is preferred.
- **Personal safety equipment** - Example: bicycle helmets
- **Earplugs**

#### First-aid kit

- **1% hydrocortisone cream**
- **Antifungal ointments**
- **Antibacterial ointments**
- **Antiseptic wound cleanser**
- **Aloe gel** - For sunburns
- **Insect bite treatment** - Anti-itch gel or cream
- **Bandages** Multiple sizes, gauze, and adhesive tape
- **Moleskin or mole foam for blisters**
- **Elastic/compression bandage wrap** - For sprains and strains
- **Disposable gloves**
- **Digital thermometer**
- **Families with children under 2** - consider bringing a rectal thermometer.
- **Scissors and safety pins**
- **Cotton swabs (Q-Tips)**
- **Tweezers**
- **Eye drops**

#### Documents

- **Health insurance documents** - Health insurance card (your regular plan and/or supplemental travel health insurance plan) and copies of claim forms
- **Copies of all prescriptions** - Make sure prescriptions include generic names. Bring prescriptions for medicines, eye glasses/contacts, and other medical supplies.

#### Contact card

- **Carry a contact card containing the street addresses, phone numbers, and e-mail addresses of the following:**
  - Family member or close contact remaining back home
  - Health care provider(s) at home

**PLEASE NOTE:** *Our volunteer medical staff are here on vacation; the camp first aid post is for emergencies and serious health issues. Eganville and Killaloe have pharmacies that stock most first aid supplies.*