

When you're putting together your camping first aid kit, here's a list of essential first aid items to include – and some helpful information about what each item can help you with.

Items for protection

Face shield or resuscitation mask – to prevent fluids from transferring to or from you when performing CPR on someone.

Resealable bags – to put any rubbish, used, or contaminated items in when you're finished with them.

Disposable gloves – to protect you from any body fluids and to keep the injured person safe from infections.

Items to clean you and any wounds

Alcohol-free wipes – for general clean-up around wounds and for cleaning out minor wounds.

Alcohol gel/hand sanitiser – to clean your hands if there's no water for handwashing available.

Sterile saline – to flush out eyes or any wounds to help clean them before treatment.

Antiseptic solutions/sprays/wipes – to clean wounds and help prevent infection before applying dressings or bandages.

The Betadine range of products includes a variety of convenient antiseptic options such as Betadine Antiseptic Liquid Spray or Betadine Antiseptic Topical Solution to help you minimise contact with open wounds. Learn more about how antiseptics work here.

Various bandages for different purposes

Compression bandage – for pressure immobilisation. Triangle bandages – to fold and use as a sling or a dressing for larger injuries (only if sterile).

Crepe bandages – stretchy fabric helps hold wound dressings in place, support sprains or strains, and apply pressure to help control bleeding.

Wound dressings to cover open injuries

Sterile gauze pads – for cleaning wounds, to use as padding, and for applying pressure directly to help control bleeding.

It is essential the gauze is sterile to help prevent infection.

Adhesive strips or dressings – also known as Band-Aids, these come in various sizes to cover minor open wounds and help prevent dirt or microorganisms from getting in.

Non-adherent wound dressings – designed to cover open wounds without sticking. Eye pad – eye pads to cover and protect the eyes if they are injured.

Other helpful items

Cooling gel or ice pack – for minor burns (gel) or to reduce swelling and pain.

Tweezers, scissors, and safety pins – to help remove foreign objects from a wound (e.g., splinters or glass), to cut through clothes or bandages, and to hold bandages in place, respectively.

Adhesive tape – to hold dressings and bandages in place.

Medications – consider including your personal prescriptions as well as more basic medications such as pain relief tablets or antihistamines.

Emergency blanket – sometimes called a rescue blanket or space blanket, this can be used to help retain body heat when someone is in shock or experiencing hypothermia.

First aid manual, notebook, and pen – for instructions on what to do in specific situations and to write down everything you did so you can tell someone when help arrives.

Disposable poncho, compass, torch, and batteries – helpful tools when camping or spending time outdoors.

Maintaining your first aid kit

A first aid kit is only as useful as the items it contains, so make sure you check your supplies regularly. To maintain your first aid kit, make sure you replace anything that has been used straight away, check everything in the kit for expiry dates or damage at least once a year, and make sure all sterile items are still sealed.

Betadine products for your travel first aid kit

The Betadine range of antiseptic products contains an ingredient called povidone-iodine. Povidone-iodine is considered active at killing the widest range of microbes (bacteria, viruses, fungi, and protozoa) compared with other common antiseptics. You can read more on how Betadine products work here.

When putting together an outdoor first aid kit, think about the types of activities you will be doing and the types of injuries that might occur. Consider which of the following Betadine products would be most useful in a first aid kit for outdoor activities – including more than one product might be a good idea. Print the checklist below for a handy reference of Betadine antiseptic products to stock in your first aid kit.

BETADINE FIRST AID KIT CHECKLIST

- **Betadine Antiseptic First Aid Cream** – for grazes, minor burns and scalds, and the treatment of minor skin infections. With a cream base for easy application and removal, this product is essentially non-irritating to the skin and will not permanently stain skin and natural fabrics.
- **Betadine Antiseptic Liquid Spray** – for minor cuts, abrasions and minor burns, and the treatment of minor skin infections, in a convenient spray so you can minimise contact with the wound or skin.
- **Betadine Antiseptic Ointment** – for the treatment of common skin infections, e.g., infections of the skin around the nails, and prevention of infections in minor burns, cuts, and abrasions.
- **Betadine Antiseptic Topical Solution** – for minor cuts and abrasions and the treatment of minor skin infections, this product is also useful for avoiding direct contact with wounds or injuries. Being prepared with a camping first aid kit on hand can help you in the event of a medical emergency, or help prevent a minor injury from becoming a larger issue. You can build your own camping first aid kit, or buy them ready-prepared and then customise them to meet your needs.