

Medical Supplies & Hygiene Checklist



This list is contributed by our seasoned campers. Feel free to make suggestions of your own. Cross out any items that you do not require.

Tip: You'll save a lot of packing space if you choose travel sized hygiene products.

Medical Supplies

- Sunscreen (Adjust SBF to your needs)
- Insect Repellent (Deet based)
- Tylenol, Advil, Aspirin, or Naproxin Sodium
- Tums or Rolaids
- Triple Antibiotic Cream
- Antihistamine Cream
- Hydrocortisone Cream
- Tweezers
- Snake Bite Kit
- Exacto Knife
- Matches
- Alcohol
- Antiseptic
- Burn Ointment
- Solarcane Spray
- Band-aids
- Bandages
- First Aid Kit (may include all the above items)
- Benadryl Sinus Tablets
- Allergy Eye Drops
- Pocket Tissues
- Campho-phenique
- Calamine Lotion
- Moist Towelettes
- A Supply of Your Prescription Medicine

Personal Hygiene Items

- Hand Sanitizer (Waterless)
- Bar Soap
- Washcloth
- Shampoo
- Toothpaste
- Toothbrush
- Comb or Hair Brush
- Hair Bands or Pins
- Makeup Bag
- Razor
- Shaving Cream
- Shaving Mirror
- Bath Towel
- Toilet Paper
- Deodorant
- Contact Lens Supplies
- Feminine Supplies
- Shower Sandals
- Toothpicks or Dental Floss

Especially for Children

- Disposable Diapers
- Diaper Rash Ointment
- Baby Wipes
- Disposable Bottles

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