**FIRST AID KIT CHECKLIST**

We suggest you purchase a basic kit and add to it or create your own customized for your troop/group. This list serves as a recommendation of what would be found in a first aid kit.

These are the basics for a troop meeting or "light duty" outing, such as a visit to a museum, movies, activity centers, theme park, etc.  A more elaborate first aid kit will be needed for wilderness activities, camping, extended travel, backpacking, hiking, cycling, etc.

**BEFORE YOU GO ALWAYS VERIFY:**

* Kit was replenished on: date \_\_\_\_\_\_\_\_\_\_
* Medication expirations last verified: date\_\_\_\_\_\_\_\_\_\_

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| **Wound Care** | **Optional Medicines (generics can be used)** |
| * Absorbent compress dressings *(5”x9”)* | * Alcohol wipes |
| * Adhesive bandages assorted *(25-50)* | * Acetaminophen *(Tylenol)* |
| * Adhesive bandages Latex Free | * Aloe Vera gel/lotion |
| * Adhesive cloth tape *(1”, 2” wide )* | * Antacids *(Tums, Rolaids)* |
| * Adhesive tape *(non- latex)* | * Benadryl, Caladryl, Calamine Lotions |
| * Antiseptic wipes | * Benadryl Tablets |
| * Disposable gloves Vinyl or Nitrile   *(5 pairs non-latex gloves – various* *sizes)* | * Burn Gel * For Diabetics – Apple sauce, juice box, candy |
| * Elastic Bandage *(3” wide for sprains)* | * Hand sanitizer |
| * Popsicle stick or tongue depressor | * Ibuprophen *(Motrin, Advil)* |
| * Sterile cotton swabs | * Insect Repellent *(non DEET)* |
| * Sterile gauze pads *(8 of each 3”x3”, 4”x4”)* | * Midol, Pamprin, Aleve |
| * Sterile gauze rollers(2”, 3”, 4” wide) | * Petroleum jelly, Chapstick |
| * Sterile water or saline | * Neosporin foam *(wound cleaner)* |
| * Triangular bandages *(2)* | * Sunscreen PBA free |
|  | * Throat lozenges/cough drops |
| **Tools** | * Triple antibiotic, Polysporin, Neosporin |
| * Bandage Scissors *(1)* |  |
| * Blanket *(space blanket)* * Face shield or pocket mask for CPR *(1* | **Optional Supplies** |
| *breathing barrier (with one-way valve)* | * Feminine products |
| * Hand soap (antibacterial) | * Flares (for vehicle first aid kits) |
| * Instant chemical icepack *(1 cold compress)* | * Flashlight |
| * Oral thermometer *(non-mercury/non-glass)* | * GPS *(global positioning device)* |
| * Safety pins *(5)* | * Pen or pencil |
| * Sharpie marker, ball point pen and pencil | * Plastic bags *(zipper baggies)* |
| * Small paper cup *(for eye wash)* | * Radio |
| * Stainless steel tweezers *(1 needle nose for splinters, 1 regular)* | * Red Cross 1st aid book *(instruction booklet and/or ready reference cards)* |
| * Thermal heat pack | * Splints |
| * Thermometer *(optional digital, forehead, strip)* | * Sewing kit w/needle |
| * Tick key or old credit card | * Water bottles *(few extra)* |
|  | * White index cards *(small notepad for notes)* |
|  | * Whistle |
|  |  |
| **Paperwork kept in the FA kit** | **GS paperwork customized per event** |
| * Situation/Incident report (*blank)* | * Additional Insurance form |
| * Emergency phone numbers *(pink card)* | * Parent Permission forms |
| * Health histories *(troop copies updated yearly)* | * Troop Prescription medication form |
| * Troop Medical Log form *(blank)* | * Adult Emergency Information and |
| * Over the Counter (OTC) form   *(troop copies updated yearly)* | Authorization to treat *(green card)* |

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