**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\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **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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