

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

- Absorbent compress dressings (5"x9")
- Adhesive bandages assorted (25-50)
- Adhesive bandages Latex Free
- Adhesive cloth tape (1", 2" wide)
- Adhesive tape (*non-latex*)
- Antiseptic wipes
- Disposable gloves Vinyl or Nitrile
(5 pairs *non-latex gloves – various sizes*)
- Elastic Bandage (3" wide for sprains)
- Popsicle stick or tongue depressor
- Sterile cotton swabs
- Sterile gauze pads (8 of each 3"x3", 4"x4")
- Sterile gauze rollers (2", 3", 4" wide)
- Sterile water or saline
- Triangular bandages (2)

Tools

- Bandage Scissors (1)
- Blanket (*space blanket*)
- Face shield or pocket mask for CPR (1
breathing barrier (with one-way valve))
- Hand soap (antibacterial)
- Instant chemical icepack (1 *cold compress*)
- Oral thermometer (*non-mercury/non-glass*)
- Safety pins (5)
- Sharpie marker, ball point pen and pencil
- Small paper cup (*for eye wash*)
- Stainless steel tweezers (1 *needle nose for splinters, 1 regular*)
- Thermal heat pack
- Thermometer (*optional digital, forehead, strip*)
- Tick key or old credit card

Paperwork kept in the FA kit

- Situation/Incident report (*blank*)
- Emergency phone numbers (*pink card*)
- Health histories (*troop copies updated yearly*)
- Troop Medical Log form (*blank*)
- Over the Counter (OTC) form
(*troop copies updated yearly*)

Optional Medicines (generics can be used)

- Alcohol wipes
- Acetaminophen (*Tylenol*)
- Aloe Vera gel/lotion
- Antacids (*Tums, Rolaids*)
- Benadryl, Caladryl, Calamine Lotions
- Benadryl Tablets
- Burn Gel
- For Diabetics – Apple sauce, juice box, candy
- Hand sanitizer
- Ibuprophen (*Motrin, Advil*)
- Insect Repellent (*non DEET*)
- Midol, Pamprin, Aleve
- Petroleum jelly, Chapstick
- Neosporin foam (*wound cleaner*)
- Sunscreen PBA free
- Throat lozenges/cough drops
- Triple antibiotic, Polysporin, Neosporin

Optional Supplies

- Feminine products
- Flares (for vehicle first aid kits)
- Flashlight
- GPS (*global positioning device*)
- Pen or pencil
- Plastic bags (*zipper baggies*)
- Radio
- Red Cross 1st aid book (*instruction booklet and/or ready reference cards*)
- Splints
- Sewing kit w/needle
- Water bottles (*few extra*)
- White index cards (*small notepad for notes*)
- Whistle

GS paperwork customized per event

- Additional Insurance form
- Parent Permission forms (Annual/Single-Use)
- Troop Prescription medication form
- Adult Emergency Information and Authorization to treat (*green card*)