**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 expiration dates last verified: date\_\_\_\_\_\_\_\_\_\_

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| --- | --- |
| **Wound Care** | **Optional Medicines (generics can be used)** |
| * Absorbent compress dressings *(5”x9”)*
 | * Alcohol wipes *(to sterilize equipment)*
 |
| * Adhesive bandages assorted *(25-50)*
 | * Acetaminophen *(Tylenol)*
 |
| * Adhesive bandages Latex Free
 | * Antacids *(Tums, Pepto-Bismol)*
 |
| * Adhesive cloth tape *(1”, 2” wide)*
 | * Benadryl, Caladryl, Calamine Lotions
 |
| * Adhesive tape *(non- latex)*
 | * Benadryl Tablets
 |
| * Antiseptic wipes
 | * Bromine/Dramamine
 |
| * Disposable gloves Vinyl or Nitrile

*(5 pairs non-latex gloves – various* *sizes)** Elastic Bandage *(3” wide for sprains)*
 | * Burn Gel - Aloe Vera gel
* Glucose gel or tablets, Apple sauce, fruit juice *- For Diabetics)*
 |
| * Popsicle stick or tongue depressor
 | * Hand sanitizer
 |
| * Sterile cotton swabs
 | * Hydrogen Peroxide
 |
| * Sterile gauze pads (8 of each 3”x3”, 4”x4”)
 | * Ibuprophen *(Motrin, Advil)*
 |
| * Sterile gauze rollers (2”, 3”, 4” wide)
 | * Insect Repellent *(non DEET)*
 |
| * Sterile water or saline
 | * Naproxen, Midol, Pamprin, Aleve
 |
| * Triangular bandages (2)
 | * Petroleum jelly, Chapstick
 |
|  | * Sunscreen
 |
| **Tools** | * Throat lozenges/cough drops
 |
| * Bandage Scissors (1)
 | * Triple antibiotic, Polysporin, Neosporin
 |
| * Blanket (space blanket)
 | * Wound cleaner – Neosporing foam, BZK
 |
| * Face shield or pocket mask for CPR (1 breathing barrier (with one-way valve)
 | **Optional Supplies*** 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
 |
| * Oral thermometer (non-mercury/non-glass)
 | * Red Cross 1st aid book (instruction booklet
 |
| * Small paper cup (for eye wash)
* Stainless steel tweezers (1 needle nose for
 | and/or ready reference cards)* Splints
 |
| splinters, 1 regular) | * Sewing kit w/needle
 |
| * Thermal heat pack
 | * Water bottles (few extra)
 |
| * Thermometer (optional digital, forehead, strip)
 | * White index cards (small notepad for notes)
 |
| * Tick key or old credit card
 | * Whistle
 |
|  |  |
| **Paperwork kept in the FA kit** |  |
| * Accident/Incident form (blank)
 | **GS paperwork customized per event** |
| * Emergency phone numbers (pink card)
 | * Additional Insurance form
 |
| * Health History (troop copies updated yearly)
 | * Parent Permission forms
 |
| * Troop Medical Log form (blank)
* Over the Counter (OTC) form
 | * Troop Prescription medication form
* Adult Emergency Information and
 |
| (troop copies updated yearly)* Provided Prescription and/or Provide OTC
 | Authorization to treat (green card) |
| medication Forms *(as needed)* |  |

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