**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 |
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| **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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