

## First Aid Kits



A general first aid-kit should be available at the meeting place and accompany the girls on any activity, including transportation to and from an event. In addition to the standard materials, all first-aid kits should contain a copy of a recognized first-aid book, coins or calling cards for telephone calls, and the Girl Scout Council and emergency telephone numbers. Girl Scout activity insurance forms, parent consent forms, and health histories should also be included.

You may buy the Girl Scout First-Aid kit through the catalog, a commercial kit, or assemble one yourself. If you choose to assemble one yourself, you can ask your parents at the Parent/Guardian meeting to contribute items.

**Directions:** Write the items on index cards or Xerox this page. Cut the chart on the right into pieces and spread them out on a table, or place them into a bag for random drawing. Depending on the size of your troop, ask parents to have their daughter bring one or two items to her first meeting.

Adhesive tape and bandages	Alcohol wipes
Band-Aids, assorted sizes	Bottle of sterile water (to use as an eye rinse or to clean wounds or other items)
First-aid book	Flashlight
Gauze pads	Instant chemical icepack
Vinyl gloves (disposable, to use in situations involving blood or other body fluids)	Oral thermometer
Paper drinking cups	Plastic bags (to dispose of used materials and to collect ticks or vomitus for analysis in suspected oral poisonings)
Pocket face mask or face shield (to use when performing mouth-to-mouth resuscitation)	Roller gauze bandages
Safety pins	Scissors
Soap (antibacterial liquid)	Splints
Hand sanitizer	Tweezers
Ace bandages and triangular bandages	Sanitary personal care products