



# First-Aid Kit Information

yourselves.

Make sure a general first-aid kit is available at your group meeting place and accompanies girls on any activity (including transportation to and from the activity). Please be aware that you may need to provide this kit if one is not available at your meeting place. You can purchase a Girl Scout first-aid kit, you can buy a commercial kit, or you and the girls can assemble a kit

You can also customize a kit to cover your specific needs, including flares, treatments for frostbite or snake bites, and the like. In addition to standard materials, all kits should contain the council and emergency telephone numbers.

- GSNEX Headquarters at 972-349-2400 or 1-800-442-2260 during normal business hours (Monday through Friday 9am – 5pm).
- If the emergency occurs after hours, call GSNEX After Hours Emergency Phone Line at 214-353-4071.
- The After Hours Emergency Phone Line is to be used for emergencies ONLY, such as: fatality, serious illness or accident, lost child, natural disaster, fire, chemical spills, etc.

Girl Scout activity insurance forms, parent consent forms, and health histories may be included, as well. Check the kit regularly. Make sure the flashlight batteries work. Check expiration dates and replace any used or out-of-date contents.

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets (approximately 1 gram)
- 5 antiseptic wipe packets
- 1 blanket (space blanket)
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair of nonlatex gloves (size: large)
- 2 hydrocortisone ointment packets (approximately 1 gram each)
- Scissors
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/nonglass)
- 2 triangular bandages
- Tweezers
- First aid instruction booklet

(Note: You cannot give girls any type of medications or pain killers, including Tylenol, Advil, or aspirin, without direct parent/guardian permission.)