

A well-stocked first aid kit is a handy thing to have.

*To be prepared for emergencies, **have a troop first aid kit with you any time girls are present.** With the girls, check it before each adventure!*

First aid kits come in many shapes and sizes. You can purchase one or make your own. Whether you buy a first aid kit or put one together, make sure it has all the items you may need and check the kit regularly:

- Include any personal items such as medications, Health History, permission forms, and emergency phone numbers
- 4 absorbent compress dressings (5 x 9 inches) (Sanitary napkins are inexpensive sterile compresses)
- 25 adhesive bandages (assorted sizes)

- 1 adhesive cloth tape (10 yards x 1 inch)
- 10 antibiotic ointment packets (approximately 1 gram)
- 10 antiseptic wipe packets
- Hand sanitizer
- Acetaminophen or ibuprofen (check dates)
- Antihistamine (check dates)
- 2 packets of aspirin (81 mg each)—These are for adult cardiac emergency, **not to be given to girls**
- 2 instant cold compresses
- Blister treatment
- 4 hydrocortisone ointment packets (approximately 1 gram each)
- 1 3-in. gauze or elastoplast roll (roller) bandage
- 1 ACE bandage (4 inches wide)
- 10 sterile gauze pads (4 x 4 inches) or sanitary napkins
- Oral thermometer (non-mercury/non-glass)
- 2 triangular bandages or oversized bandanas
- 2 pair of vinyl or nitrile (NOT latex) gloves (size: large)
- 2 emergency blankets
- 1 breathing barrier (with one-way valve)
- Face masks
- Tweezers
- Nail Clippers
- Round-tip scissors
- Safety pins
- Water purification tablets
- Honey or sugar packets
- [Emergency First Aid guide](#)

