

Be Prepared! A first aid kit should be kept handy at every Girl Scout meeting or event. First aid kits come in many shapes and sizes. You can purchase one from the [Red Cross Store](#), another online source, or a local drug store. Girl Scouts may make their own with adult guidance.

First aid/CPR training includes protocols to prevent transmission of bloodborne pathogens, like coronaviruses. Since COVID-19 is prevalent at this time, it's reasonable to add an additional layer of protection for victims and first-aiders. Consider adding:

- Face shield(s) and/or Eye protection.
- Pocket mask with a one-way HEPA valve. Either a lifeguard-type mask or a pocket shield are okay.
- Extra hand sanitizer.
- Anti-bacterial wipes for sanitizing equipment.



Note: images are sample illustrations only, not an endorsement of a particular product.

Whether you buy a first aid kit or put one together, keep it current with what you need:

- Include any personal items such as medications and emergency phone numbers
- Restock the kit after each use
- Check the flashlight batteries when you set your clocks for Daylight Savings
- Check expiration dates and replace any used or out-of-date contents

Suggested contents for a 10-person troop:

- 2 absorbent compress dressings (5 x 9 inches)
- 50 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 10 antiseptic wipe packets
- Small bottle of hand sanitizer
- 1 mylar space blanket
- 1 breathing barrier (with one-way valve)
- 2 instant cold compresses
- 8 pair of non-latex gloves (size: large)
- 1 small pair of scissors
- 2 sheets of moleskin (3 inch squares)
- 2 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 10 sterile gauze pads (3 x 3 inches)
- 10 sterile gauze pads (4 x 4 inches)
- Oral or temporal thermometer (non-mercury/non-glass)
- Parent permission is required for the following:
 - 2 hydrocortisone ointment packets (approximately 1 gram each)
 - 5 antibiotic ointment packets (approximately 1 gram)
 - 10 packets of acetaminophen and/or ibuprofen (in appropriate dose)
 - Small bottle liquid Benadryl
- May be carried in separate binder, but do keep these handy:
 - Emergency card with Girl Scouts San Diego Emergency Action Plan
 - Health history form for each girl and adult
 - Parent/guardian information form or roster with all contact info
 - Permission forms, if needed (for outings)
 - 2 blank Accident/Incident Report forms
 - Paper and pen or pencil
- Other items necessary for specific trips or activities
- 2 triangular bandages
- Tweezers
- Whistle
- 2 packets of honey (fast-food type, for hypoglycemia)
- 1 roll of toilet paper
- 4 maxi pads
- Zip-close bags (2 quart, 2 gallon)
- Safety pins
- Small roll of duct tape
- Small, sealed bottle of sterile water (to use as eyewash or any purpose)
- Sunscreen
- First aid instruction booklet
- Flashlight with batteries