First Aid Kit
Suggested Contents

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- Check expiration dates and replace any used or out-of-date contents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

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