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.

Whether you buy a first aid kit or put one together, make sure it has all the items you may 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- Check expiration dates and replace any used or out-of-date contents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 thermometer (non-mercury/non-glass)
- 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
- 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