Before you head out on any Scouting adventure, make sure a first aid kit is in your pack. Whether you are going on a day hike or a week-long camping trip, the checklist below will ensure you are prepared.

**FIRST AID KITS**

- Antiseptic wipes
- Antibacterial ointment
- Compound tincture of benzoin (bandage adhesive)
- Assorted adhesive bandages (fabric)
- Butterfly bandages / adhesive wound-closure strips
- Gauze pads (various sizes)
- Nonstick sterile pads
- Medical adhesive tape
- Blister treatment
- Ibuprofen / other pain-relief medication *
- Antihistamine
- Insect sting relief treatment
- Tweezers (for splinters)
- Safety pins
- First-aid manual or information cards
- Pealess whistle

**ANTIHISTAMINE**

**A GOOD KIT**

Consider the following when selecting a case for your first aid kit:

- Is your kit visible?
- Are items easily accessible?
- Will your items be weatherproof?
- Does it need to float?

- A first-aid-kit case can be:
  - a tackle box
  - a Nalgene bottle
  - a zippered nylon bag

**TOOLS TO CONSIDER FOR YOUR KIT:**

- Paramedic shears (blunt-tip scissors)
- Cotton-tipped swabs
- Standard oral thermometer
- Magnifying glass
- Medical / surgical gloves (nitrile preferred; avoid latex)
- CPR mask
- Duct tape (small roll)
- Small waterproof notepad and pencil or pen
- Medical waste bag (plus box for sharp items)

**WRAPS, SPLINTS AND WOUND COVERINGS:**

- Elastic wrap
- Triangular cravat bandage
- Finger splints
- SAM splints
- Rolled gauze
- Rolled, stretch-to-conform bandages
- Hydrogel-based pads
- First-aid cleansing pads with topical anesthetic
- Hemostatic (blood-stopping) gauze

**SOME TIPS FOR YOUR FIRST AID KIT**

- Place some reflective tape on the kit in the shape of a cross (+).
- Clip a whistle to you first aid kit’s zipper. (Bonus: A whistle makes a good zipper pull).
- Use smaller containers in your kit. This will help keep your kit organized.
- Keep copies of Scouts Canada’s Incident Report Form in your first aid kit. Keep also a copy of this list for future use.

**THINGS TO ADD FOR A LONGER TRIP:**

- Hand sanitizer
- Aloe vera gel (sunburn relief)
- Throat lozenges
- Loperamide tablets (for diarrhea symptoms) *

Adventure Medical Kits are available from the Scout Shop.

* Scouters, check out Scouts Canada’s Medication Safety Tip for inventory checks.

Scouts.ca