

# Be Prepared

## FIRST AID KITS

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.



### 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

### 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

### TOOLS TO CONSIDER FOR YOUR KIT:

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

### WRAPS, SPLINTS AND WOUND COVERINGS:

- |  |   |
|--|---|
| <input type="checkbox"/> Elastic wrap                        | <input type="checkbox"/> Hydrogel-based pads                              |
| <input type="checkbox"/> Triangular cravat bandage           | <input type="checkbox"/> First-aid cleansing pads with topical anesthetic |
| <input type="checkbox"/> Finger splints                      | <input type="checkbox"/> Hemostatic (blood-stopping) gauze                |
| <input type="checkbox"/> SAM splints                         |   |
| <input type="checkbox"/> Rolled gauze                        |   |
| <input type="checkbox"/> Rolled, stretch-to-conform bandages |   |

### 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.