

***Health and Safety Committee's Recommendations  
for Unit First Aid Kit\****

### **Unit First-Aid Kits**

A first-aid kit well stocked with the basic essentials is indispensable. Choose one sturdy and lightweight, yet large enough to hold the contents so that they are readily visible and so that any one item may be taken out without unpacking the whole kit. Keep a list of contents readily available for easy refilling. Keep the kit in a convenient location. Make one person responsible for keeping the kit filled and available when needed. Quantities of suggested items for your first-aid kit depend on the size of your group and local conditions.

#### ***Suggested First-Aid Kit Contents***

- Waterless hand-cleaner
- 2-inch roller bandage
- 1-inch roller bandage
- 1-inch adhesive
- 3-by-3 inch sterile pads
- Triangular bandage
- Assorted gauze pads
- Adhesive strips
- Saline solution
- Hydrogen Peroxide
- Alcohol wipes
- Clinical oral thermometer
- Scissors
- Tweezers
- Sunburn lotion
- Lip salve
- Poison-ivy lotion
- Small flashlight (with extra batteries and bulb)
- Absorbent cotton
- Safety pins
- Paper cups
- Foot powder
- Instant ice packs
- Latex gloves
- Plastic goggles or other eye protection
- Mouth barrier devices
- Biohazard bags or labeled plastic bags

**\*Adapted from "Guide to Safe Scouting"**