

# Anatomy of a Troop First Aid Kit

- ❑ 25 adhesive bandages (assorted sizes)
- ❑ 1 adhesive cloth tape (10 yards x 1 inch)
- ❑ 5 antiseptic wipe packets
- ❑ 1 blanket (space blanket)
- ❑ 1 breathing barrier (with one-way valve)
- ❑ 1 instant cold compress
- ❑ 2 pair of non-latex gloves (size: large)
- ❑ Scissors
- ❑ 1 roller bandage (3 inches wide)
- ❑ 1 roller bandage (4 inches wide)
- ❑ 5 sterile gauze pads (3 x 3 inches)
- ❑ 5 sterile gauze pads (4 x 4 inches)
- ❑ Oral thermometer (non-mercury/non-glass)
- ❑ 2 triangular bandages
- ❑ Tweezers
- ❑ First aid instruction booklet
- ❑ Sealed bags to dispose of medical waste
- ❑ First Aid Log Book and pen



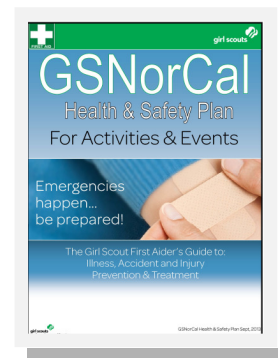
## Plus, GSNorCal recommends:

- Council office telephone numbers
- Council emergency card
- Contact information for parents/guardians
- Local police, fire, EMS, and poison control phone numbers
- Girl Scout activity insurance forms
- Parent permission forms
- Health history forms
- GSNorCal Health and Safety Guide

## You May Also want to consider:



- ❑ Flashlight
- ❑ Flares
- ❑ Whistle
- ❑ Radio
- ❑ GPS



- \* Girl Scouts prohibits the application or dispensing of medication of any kind to girls without the express written permission from parents or guardians. This includes over-the-counter medications and ointments.