

First Aid Kit List

The following list of items is based on providing a reasonable amount of supplies for basic first aid treatment to a group of up to 12 people over a two to three day period. Items indicated with an (*) are those that would require an increase in quantity if the number of participants exceeds 12 or the period of time is longer than three days. This list is the minimum recommended and should serve as a guide. Special circumstances will sometimes require modification.

Qty	Item	√	
4	Abdominal pad or pressure dressing*		
24	Adhesive bandages (assorted sizes)*		
	Alcohol wipes* (to sterilize tools)		
1	Bandage tape*		
3	Burn dressings (min size 2"x3")*		
2	Cold pack compress		
6	Cotton tip applicators (sterile)*		
1	CPR face shield (with one- way valve)		
1	Emergency/rescue blanket*		
1	EMT shears or bandage scissors		
1	First aid booklet/book		
6	Gauze pads 2"x2"*		
6	Gauze pads 3"x3"*		
6	Gauze pads 4"x4"*		
3	Mole skin – blister care 3"x4"*		
6	Non-stick gauze pads 2"x3"*		
4	Pairs of examination gloves (non latex)*		
1	Pen light/flashlight		
1	Pencil/pen		
2	Plastic re- sealable bag		
1	Red scarf (to identify first-aider)		
12	Safety pins*		
	Sanitary supplies		
4	Sterile gauze roll 2 - 4"*		
1	Thermometer (or disposable strips)		
6	Triangular bandage*		
1	Tweezers		

Medication Note: Participants who require medication to be administered during the course of a camp or who carry potentially lifesaving medication for a specific medical condition are required to provide a completed Medication Plan and Administration Record form along with the required medication(s). Carrying medications "just in case" someone might require them "s generally the domain of adventure camping and large GGC organized events. Safe Guide specifically outlines the requirements and circumstances where this is appropriate.