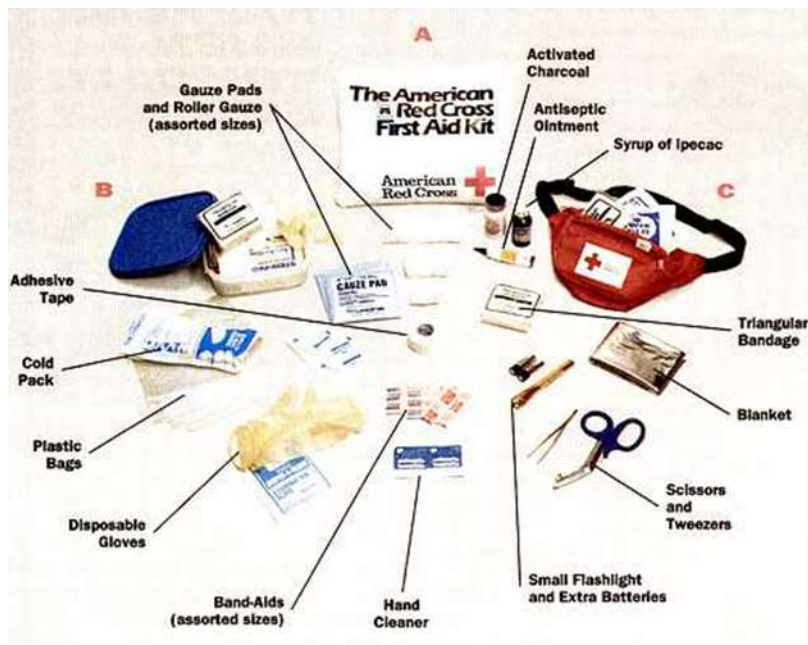
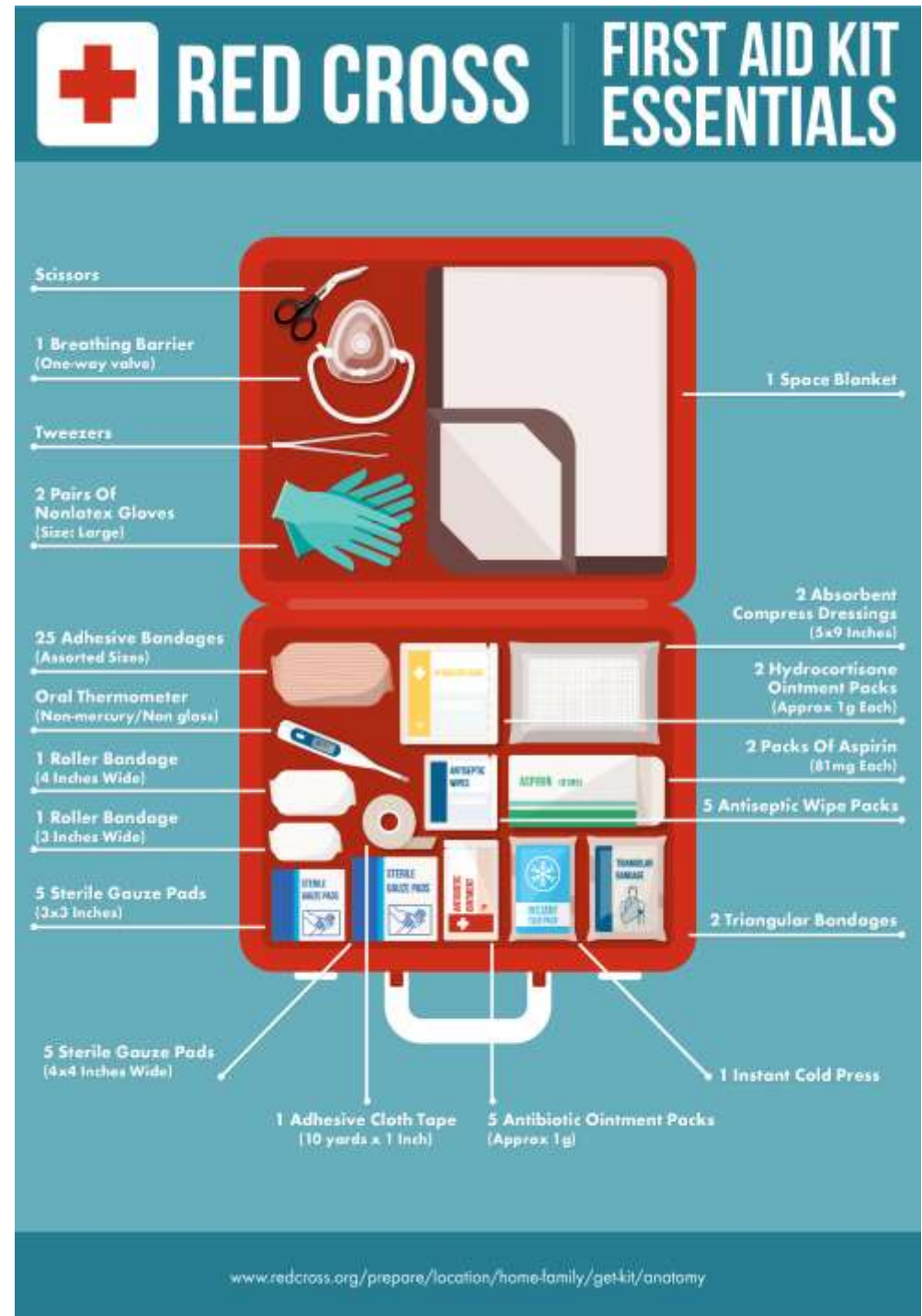


First aid kits come in many shapes and sizes. You can purchase one from the [Red Cross Store](#). Your local drug store may sell them. You can also make your own. Some kits are designed for specific activities, such as hiking, camping or boating.

Whether you buy a first aid kit or put one together, make sure it has all the items you may need:

- Include any personal items such as medications and emergency phone numbers or other items your health-care provider may suggest.
- Check the kit regularly.
- Check expiration dates and replace any used or out-of-date contents.



The Red Cross recommends that all basic first aid kits include the following:

- Absorbent compress dressings (5 x 9 inches)
- Adhesive bandages (assorted sizes)
- Adhesive cloth tape (10 yards x 1 inch)
- Antibiotic ointment
- Antiseptic wipe packets
- Aspirin (81 mg each)
- Ibuprofen
- Blanket (space blanket) [\[Available on the Red Cross Store\]](#)
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair of nonlatex gloves (size: large)
- Hydrocortisone ointment
- Scissors
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches) [\[Available on the Red Cross Store\]](#)
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/non-glass)
- 2 triangular bandages
- Tweezers
- Small Flashlight
- Whistle
- First aid instruction booklet [\[Available on the Red Cross Store\]](#)

Girl Scout safety resources to consult:

GSCO Volunteer Essentials, Chapter 7 – Safety: <http://qscoblog.org/volunteer-essentials/safety-wise/>

Safety Activity Checkpoints:

<https://www.girlscoutsofcolorado.org/content/dam/girlscoutsofcolorado/documents/safety%20activity%20checkpoints.pdf>