

# **FIRST AID KIT**

## **EVERY CREW MUST BRING ONE FULLY STOCKED FIRST AID KIT**

All BSA crews traveling with a BSA National Tour and Activity Plan should carry a first aid kit. The kit can be personalized to meet the demands of the crew. The following items are recommended by the BSA National Health and Safety Committee to be used by Scouting and Venturing units doing High Adventure activities. The crew's first aid kit should be stored in a waterproof container for use en route as well as at Northern Tier and should contain the following items:

- Adhesive bandages (assorted sizes)
- Knuckle and fingertip bandages
- Steri strips
- Moleskin/molefoam
- Second skin
- Gauze pads—3" x 3"
- Adhesive tape—1" x 15'
- 1" or 2" roll of gauze
- 4" elastic bandage
- Oval eye patch
- Antibiotic ointment
- Disposable alcohol wipes
- Triangular bandage
- Acetaminophen
- Ibuprofen tablets
- Cold caplets
- Antacids
- Antihistamines
- Steroid cream
- Anaphylaxis kit (if needed)
- Throat lozenges
- Small bar soap
- Lip balm
- Thermometer
- Scissors
- Tweezers
- Safety pins
- Side cutters
- Nitrile or latex gloves
- Barrier device for resuscitation
- Sunscreen
- First aid manual

\* **BE SURE** to share this list with all crew members, advisors and parents prior to departure for Northern Tier.

\*\***CHECK** all medical forms prior to departure for Northern Tier, noting allergies and other special considerations.

\*\*\***ANY PERSON REQUIRING** prescribed medication should personally carry the medication with a back-up supply in the kit, controlled by the adult advisor(s)