



# Personal First Aid Kit

In life you never know when something might go differently to how you originally planned. Scouting (and the Scout Section) aims to prepare its members for such occurrences by encouraging them to always "be prepared". To further this aim the Scout Section uses **personal first aid kits** and **weekly inspections**.

All youth members are asked to put together a **personal first aid kit** according to the below list. **Please bring your first aid kit along to weekly and weekend activities.** We involve items within the personal first aid kit in weekly inspections.

This kit is based off the **Clevinger First Aid Kit 210 Piece currently \$20 at Woolworths Plus** Stingose gel or spray(Or Similar- Relief from Bites/Stings) approx. \$8, Aloe Vera after Sun gel approx. \$5

The **first aid kit** includes:

- Adhesive Plaster Strips (19 x 76mm)
- Adhesive Plaster Strips (10 x 40mm)
- Knuckle Fabric Strips (75 x 38mm)
- Fingertip Fabric Strips
- Alcohol Prep Pad
- Antiseptic Wipes
- CPR Mouth Breath Mask
- Safety Pins
- Emergency Blanket
- Non-Adherent Pad
- Sterile Eye Pad
- Triangular Bandage
- Stingose (Or Similar- Relief from Bites/Stings)
- Wound Dressing
- Disposable Vinyl Gloves (M Size)
- (5cm x 4.5m) Conforming Bandage
- (7.5cm x 4.5m) Conforming Bandage
- (10cm x 4.5m) Conforming Bandage
- Tweezers
- Sterile Absorbent Cotton
- Scissors
- Cotton Tipped Applicators
- Instant Cold Pack
- First Aid Tape
- (Optional) Aloe Vera Gel (Or Similar)

Please note that while you may have to purchase some of these items, the kit you put together can be used both within and outside of Scouting for many years.

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**Scouting Fact:** Did you know the Scout Motto around the world is "Be Prepared".