"Be Prepared" First Aid Kit

In life you never know when something might go differently to how you originally planned. Scouting encourages youth to always "Be Prepared".

We ask all Cub Scouts to put together a **"Be Prepared" First Aid Kit** and bring along to weekly and weekend activities. We check items within the kit during weekly inspections.

This kit is based on the **MediMate Grab and Go First Aid Kit**, which is available at Bunnings for $10. Remember to write your name on your kit!

The **"Be Prepared" First Aid Kit** includes:

- Conforming Bandage
- Blister pad
- Surgical tape
- Triangular bandage
- Instant cold pack
- Gauze Swab
- Dressing - non-adhesive
- Bandaids
- Alcohol swabs
- Scissors
- Tweezers
- Safety Pins
- Cotton Tips
- CPR face shield
- Cleansing wipes
- Disposable Gloves



PLUS

- Phone Number and Name for an Emergency Contact
- First Aid Booklet (provided by the Scout Group)

Cub Scouts are responsible for remembering to bring their "Be Prepared" First Aid Kit.

Scouting Fact: The Scout Motto around the world is "Be Prepared".