



**AQUILA
SCOUT TROOP**

OUTDOOR CHALLENGE BADGE FIRST AID KIT

As part of this important badge, Scouts need to prepare a personal first aid kit for camps and hikes.

Aim To prepare a kit that will be useful and used. You can carry it with you on most scout expeditions. It should be kept throughout your time in the Troop and brought to camps and expeditions.

A First Aid Kit, which has been bought, will not be accepted.

Requirements It needs to be small, light and unbreakable. Use small sizes of items. The items should be ready to use without a lot of preparation, since this increases the risk of getting the items dirty. For example, individually sealed plasters etc. are much better than pieces that need cutting. Major first aid needs are normally available in the Troop First Aid Kit. Your kit is for your own minor cuts etc.

Container The kit should be in a small plastic box, so that it is secure and protected from damage or dirt. A small, freezer storage box is suitable: about 5 x 8 x 15 cm, although a bit smaller or bigger will do. The box should be clearly labelled 'First aid'.

Contents The following is the suggested minimum items. They can be adjusted with time and experience.

- Plasters: about 10 individually wrapped. Fabric is best.
- 2 medium/small sterile dressings
- Scissors: a small pair
- Coins for phone: These should be in small envelope or plastic bag.
- Paper and pencil, for emergency use only
- Antiseptic wipes: individually wrapped, for cleaning cuts
- Triangular bandage: can be bought or made from old sheeting
- 6 safety pins

Optional items

- Other Sterile dressings of various widths
- Crepe bandage
- Tweezers
- Gauze bandages

NO LOTIONS OR POTIONS