

Family / Troop First Aid Kit Checklist

The American Red Cross recommends the following for a troop of four (add supplies as needed to match the size of your troop):

- ☐ 2 absorbent compress dressings (5 x 9 inches)
- ☐ 25 adhesive bandages (assorted sizes)
- ☐ 1 adhesive cloth tape (10 yards x 1 inch)
- ☐ 5 antibiotic ointment packets (approximately 1 gram)
- ☐ 5 antiseptic wipe packets
- ☐ 2 packets of aspirin (81 mg each)
- ☐ 1 blanket (space blanket)
- ☐ 1 breathing barrier (with one-way valve)/CPR mask
- ☐ 1 instant cold compress
- ☐ 2 pair of non-latex gloves (size: large)
- ☐ 2 hydrocortisone ointment packets (approximately 1 gram each)
- ☐ Scissors
- ☐ 1 roller bandage (3 inches wide)
- ☐ 1 roller bandage (4 inches wide)
- ☐ 5 sterile gauze pads (3 x 3 inches)
- ☐ 5 sterile gauze pads (4 x 4 inches)
- ☐ Oral thermometer (non-mercury/non-glass)
- ☐ 2 triangular bandages
- ☐ Tweezers
- ☐ First aid instruction booklet

- For your family, you can add required over-the-counter medicines like Ibuprofen, aspirin, or Acetaminophen. Consider also something for upset tummies, light burns, and stings. Don't forget any prescription medicines or things unique to your family needs.
- Also consider adding feminine hygiene products, they can serve double duty for controlling bleeding. This is important if your troop is Junior and above.
- Finally, consider a small stuffed animal or comfort item.