

# FIRST AID BOX

## CHECK EXPIRATION DATES

Have    Need

- |     |     |  |
|-----|-----|--|
| ___ | ___ | Acetaminophen, ibuprofen, naproxen<br>(Tylenol Motrin, Naprosyn)<br><u>ADULT</u> : Tylenol 500 mg    Ibuprofen 200 mg<br><u>CHILDREN</u> : Tylenol 250 mg    Ibuprofen 100mg |
| ___ | ___ | <u>VENTOLIN INHALER</u> - 2 units -<br>for use with asthma attack - <u>ONLY</u>  |
| ___ | ___ | Antihistamine tablets – short duration<br>equivalent to 4 mg chlortrimeton   |
| ___ | ___ | Antacid tablets  |
| ___ | ___ | Peptobismol (pink stuff for upset stomach)   |
| ___ | ___ | Silver Sulfadiazine (Silvadene) for skin burns   |
| ___ | ___ | Hydrogen Peroxide  |
| ___ | ___ | Ivy Dry Cream / Ivy Block Lotion -- poison ivy   |
| ___ | ___ | Calamine or Caldryl lotion –<br>localized itching: insect bites, poison ivy  |
| ___ | ___ | Sunblock lotion, cream – SPF 25 or more  |
| ___ | ___ | Throat lozenges  |
| ___ | ___ | Eye irrigation solution – sterile, 2- 30 ml bottles  |
| ___ | ___ | Thermometer and covers   |
| ___ | ___ | Lip balm – Blistex, Vaseline <u>NOT</u> Chapstick  |

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Have    Need

- |     |     |  |
|-----|-----|--|
| ___ | ___ | Flashlight * check batteries                                   |
| ___ | ___ | Povidone-iodine soap (Betadine soap)                           |
| ___ | ___ | Spoon and/or medicine cups (1-1/2 oz)                          |
| ___ | ___ | Scissors, tweezers, sewing needles                             |
| ___ | ___ | Band-aids – mixed sizes  |
| ___ | ___ | Disposable gloves  |
| ___ | ___ | Cotton balls and/or 2X2 gauze (unsterile)<br>for wound washing |
| ___ | ___ | Adhesive tape – 1 or 2 inch – regular and plastic              |
| ___ | ___ | Paper tape – 1 or 2 in   |
| ___ | ___ | Scrub brush  |
| ___ | ___ | Triangular bandage ( for sling )                               |
| ___ | ___ | Q-tips   |
| ___ | ___ | Telfa dressings 2-3  |
| ___ | ___ | Kling bandages 2 or 3 inch 1-2                                 |
| ___ | ___ | Large compress (ABD pads) – 2                                  |
| ___ | ___ | Elastic bandages 2 inch, 3 inch, 4 inch                        |
| ___ | ___ | 4x4 gauze pads, sterile -- 2-4                                 |



## **FIRST AID BOX**

Copies of Adult and Scout Medical history forms should be kept in the First Aid Box and updated frequently.

Directions from Camp to nearest major Hospital and Trauma Center, clearly marked, should be kept in First Aid Box

Lists of parent phone numbers, Hospital phone numbers

If traveling in a caravan:

- lists and directions to nearest Hospital and Trauma Centers

  - ALONG THE WAY should easily accessible.

- Cell phone number lists should be passed out to all cars

Asthmatics: Should have 2 inhalers (1 new) before leaving on ANY campout ( Subject to inspection by Scoutmaster )

Adults and Scouts: If taking ANY medications on a campout,

  - Medicine vials should be clearly labeled for

  - name, dosage & indications