FIRST AID KIT

EVERY CREW MUST BRING ONE FULLY STOCKED FIRST AID KIT

All BSA crews traveling with a BSA National Tour and Activity Plan should carry a first aid kit. The kit can be personalized to meet the demands of the crew. The following items are recommended by the BSA National Health and Safety Committee to be used by Scouting and Venturing units doing High Adventure activities. The crew’s first aid kit should be stored in a waterproof container for use en route as well as at Northern Tier and should contain the following items:

- Adhesive bandages (assorted sizes)
- Antacids
- Antihistamines
- Knuckle and fingertip bandages
- Steroid cream
- Steri strips
- Anaphylaxis kit (if needed)
- Moleskin/molefoam
- Throat lozenges
- Second skin
- Small bar soap
- Gauze pads—3” x 3”
- Lip balm
- Adhesive tape—1” x 15’
- Thermometer
- 1” or 2” roll of gauze
- Scissors
- 4” elastic bandage
- Tweezers
- Oval eye patch
- Safety pins
- Antibiotic ointment
- Side cutters
- Disposable alcohol wipes
- Nitrile or latex gloves
- Triangular bandage
- Barrier device for resuscitation
- Acetaminophen
- Sunscreen
- Ibuprofen tablets
- First aid manual
- Cold caplets

* BE SURE to share this list with all crew members, advisors and parents prior to departure for Northern Tier.

**CHECK all medical forms prior to departure for Northern Tier, noting allergies and other special considerations.

***ANY PERSON REQUIRING prescribed medication should personally carry the medication with a back-up supply in the kit, controlled by the adult advisor(s)