



# See-Through Personal First Aid Kit (PFAK) Leader Resource Sheet

## Introduction

Whether you are a Cub Scout learning the 6-essentials OR a Scouts BSA learning the 10-essentials, you need a first aid kit! There are many options for purchasing First Aid Kits but making a See-Through PFAK has the advantages of being inexpensive, waterproof, and a great project for a unit meeting.

## Personal First Aid Kit (PFAK) Directions

Before you make the personal first aid kits, discuss with your Scouts what you expect them to carry. For example, you can have them carry a copy of the A/B medical form. It is never too early to teach them this responsibility. You can have them carry sunscreen in the PFAK too. Whatever you decide, make it a practice to check PFAK periodically AND challenge them to get the kit out of their pack quickly. How many seconds before everyone in your unit is holding their PFAK and the Leader has the group kit? Make it a game – scout is “Fun with a Purpose” and functional, convenient first aid kits help live our motto “Be Prepared.”

## Materials

- 2 – Quart Freezer Zip Lock Bags (Note: the zipper ones are easier to open and close.)
- Duct Tape – Any color BUT red is easily identifiable as something medical.
- Sharpie for Labeling
- Personal First Aid Kit Contents
- Optional:
  - sandwich zip lock bags

## Directions

Watch the video! You will see these steps:

1. On a non-stick surface (like a plastic table), lay two Zip Lock bags with bottoms sides slightly overlapping. Duct tape across both bottoms, overlapping the sides.
2. Put a cross of duct tape and write you name on it.
3. Scouts can customize their kits in a several ways.
  - a. Only use one Zip Lock, and separate contents with zip lock bags.
  - b. Fold the two Zip Locks together along the opening and use Duct Tape to make a bottom that keeps the two bags together.
  - c. Add a bandana or elastic and roll the kit up.

## Personal First Aid Kit Contents

This is a good start list for a PFAK, but it is important to help Scouts “Be Prepared” for their own first aid needs. They can add what they need based on their own situation, and that might include an inhaler, chafing powder, lip balm, extra eyeglasses, or anything else that they might need to deal with physical mishaps.

- Adhesive bandages (6)
- Sterile gauze pads, 3-by-3-inch (2)
- Adhesive tape (1 small roll)
- Soap (1 small bar) or alcohol-based hand sanitizing gel (1 travel-sized bottle)
- Bacitracin ointment (1 small tube)
- Scissors (1 pair)
- Nonlatex disposable gloves (1 pair)
- CPR breathing barrier (1)
- Tweezers (1)
- Pencil and incident report forms