



See-Through Group First Aid Kit (FAK) Leader Resource Sheet

Introduction

Every Scout Unit needs a basic first aid kit, but when your unit is out hiking or camping an hour or more from medical services, the contents of that first aid kit should be built following BSA Wilderness First Aid guidelines. It is important that your FAK be well stocked, easy to transport and use, and work well in outdoor conditions. Watch the video first, then use this Resource Sheet to make your own See-Through FAK.

Making a See-Through Group First Aid Kit

The See-Through FAK shown in the video is made using 12-gauge vinyl. This is inexpensive (\$6 yard) and obtainable at crafts stores like Joann's. Vinyl is lightweight, waterproof, and most importantly see-through which makes it easy to find what you need. The advantage of making your own first aid kit is that you can adjust the size and pockets based on your own unit and circumstances. The patterns provided work well, but feel free to make changes! It is helpful to make a pocket specifically for your SAM SPLINT. The video will show you two different ways to store your SAM splint in these kits.

Pattern and directions are provided for the two kits shown in the video:

ROLLER KIT

This kit is larger, and it rolls into a cylinder shape. It will hold the recommended materials for a "group" first aid kit.

FOLD OVER KIT

This kit folds over and is flatter and slightly smaller. It holds less than the roll style kit, but it is adequate for a smaller unit.

See-Through FAK Directions

Materials & Equipment

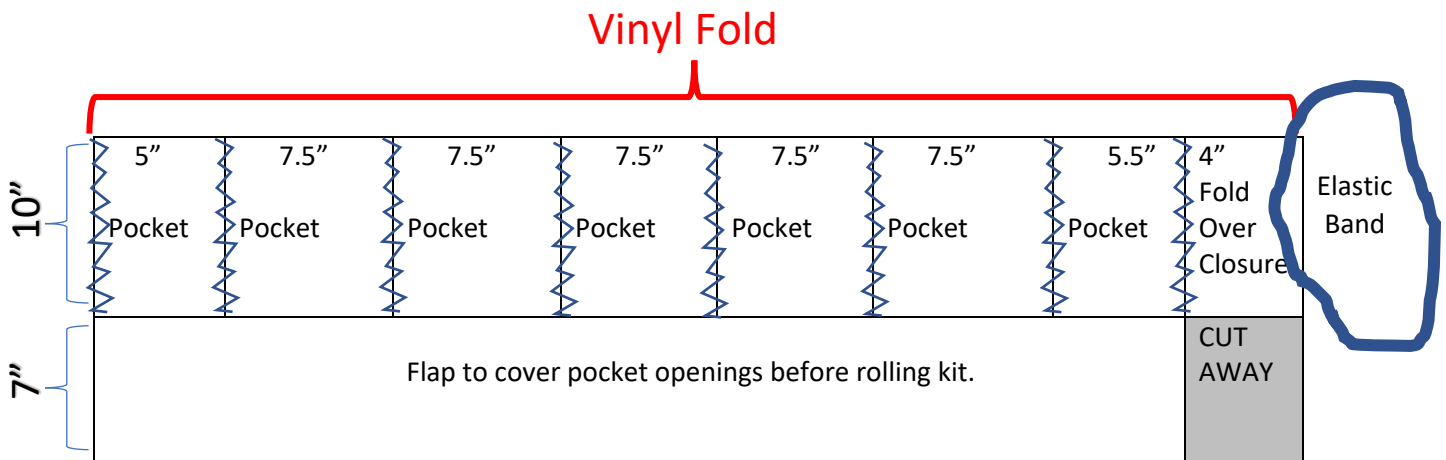
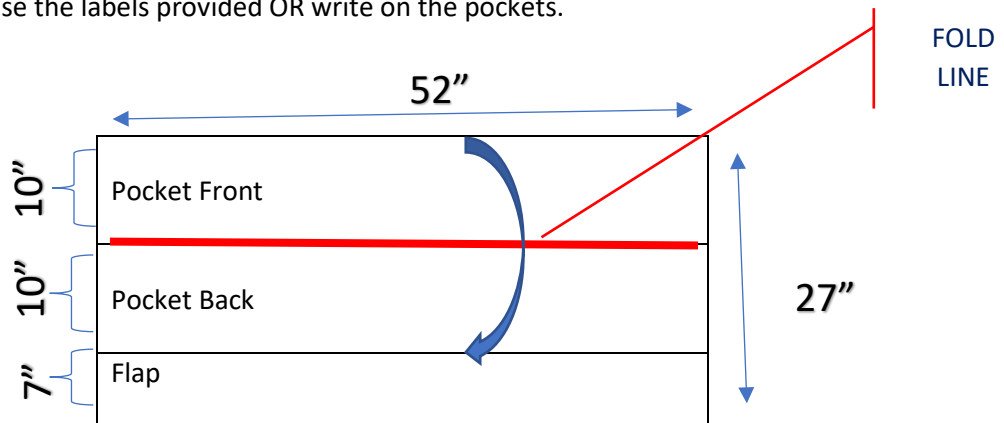
- Sewing Machine and Thread
 - Any basic sewing machine will work that has a zig-zag stitch.
- 12-Gauge Vinyl
 - Roller Kit (minimum of 3/4 of a yard if width of 52 inches)
 - Fold Over Kit (minimum 1/2 yard)
- Scissors
- Ruler
- Sharpie

- Tie Options
 - Elastic
 - Cable Tie
 - Bandana

Making the ROLLER First Aid Kit

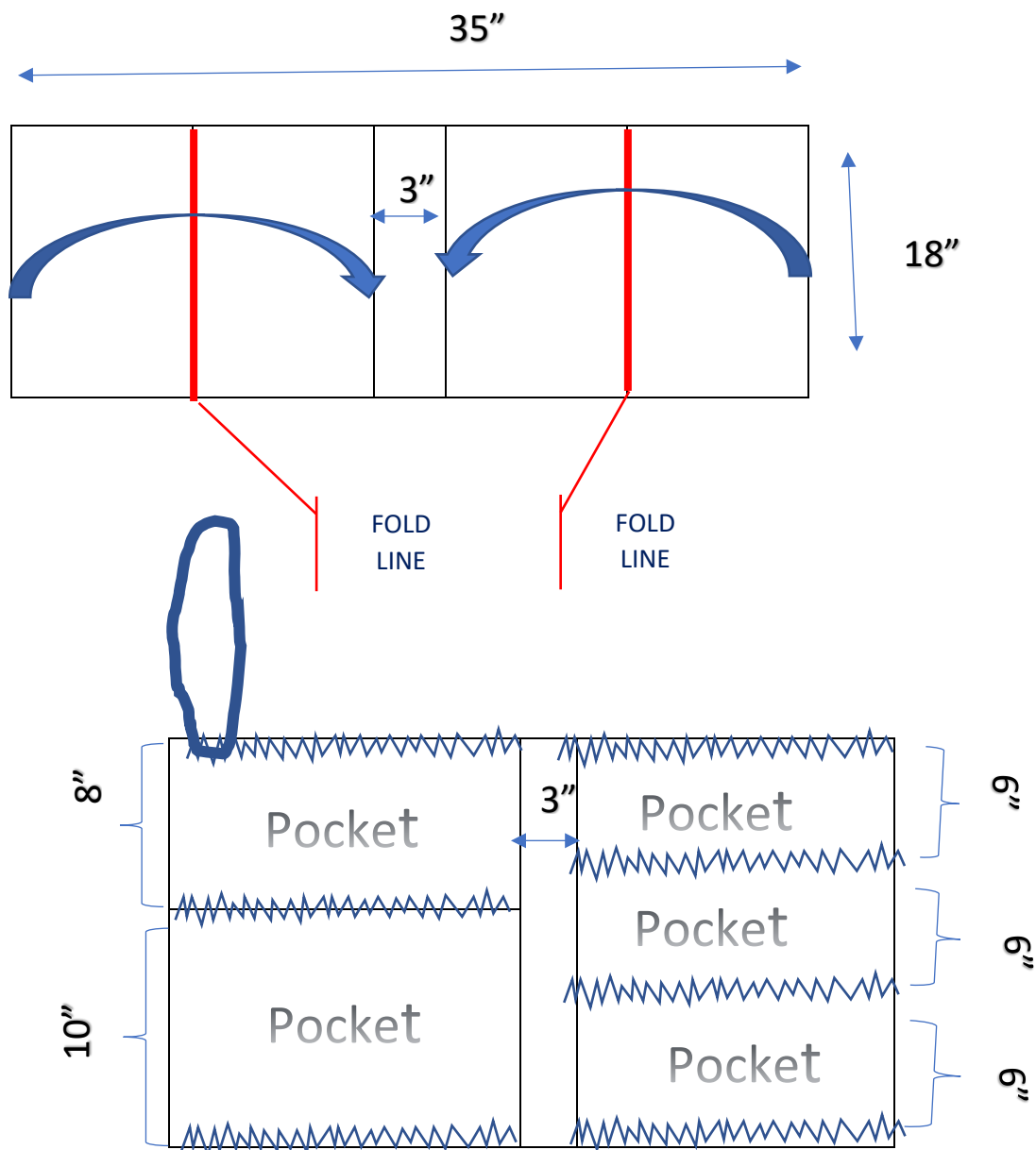
(Note: *Diagrams NOT to scale.*)

1. Cut the vinyl to approx. 52" x 27"
2. Following the pattern, fold the vinyl over lengthwise making a 10" double thick section that will be the pockets.
3. Mark the sewing lines using a permanent marker.
4. Sew on the lines using a zig-zag stitch.
5. Cut away the indicated part of the "flap" but leave the 4" of vinyl next to the last pocket stitch line. This leaves a fold-over closure.
6. Sew an Elastic Loop on the fold-over closure. The fold-over closure is two layers of vinyl thick which allows you to put tension on the elastic and close the kit firmly without fear of tearing the vinyl. Watch the video to see how to sew the elastic. As an alternative, just sew an elastic band and keep it separate, or close the kit with something else like a gear tie or bandana. The attached elastic is handy because you can't lose it.
7. Optional – use the labels provided OR write on the pockets.



Making the FOLD OVER First Aid Kit

1. Cut the vinyl to approx. 35" x 18".
2. Following the pattern, fold the vinyl over lengthwise on two sides, making two 8" double thick sections that will be the pockets. There will be a 3" space between the top edge of the two pocket sections.
3. Mark the sewing lines using a permanent marker.
4. Sew on the lines using a zig-zap stitch.
5. Sew one or two elastic loops and attach them on the pocket seams. As an alternative, just sew an elastic band and keep it separate, or close the kit with something else like a gear tie or bandana. Having the elastic attached is convenient because you can't lose it.
6. Optional – attach labels or write on the pockets using a sharpie.



Group First Aid Kit Component

This is the recommended contents of a group first aid kit. You should always adjust your kit based on:

1. Size of the group.
2. Location of travel (including weather).
3. Expected activities.
4. Specific special circumstances of the Unit
 - a. Example, a Scout who has known medical needs, such as a trick knee, and may require extra tape.

- Curlex/Kling (or equivalent), 3-inch rolls (2)
- Coban self-adhesive bandage, 2-inch roll (1)
- Adhesive pads (12)
- Alcohol pads (12)
- Betadine pads (12)
- Assorted adhesive bandages (1 box)
- Elastic bandages, 3-inch-wide (2)
- Sterile gauze pads, 4-by-4-inch (12)
- Moleskin, 3-by-6-inch (4)
- Gel pads for blisters and burns (2 packets)
- Bacitracin ointment (1 tube)
- Hydrocortisone cream 1% (1 tube)
- Triangular bandages (4)
- Soap (1 small bar) or alcohol-based hand sanitizing gel (travel-sized bottle)
- Trauma Shears (1 pair)
- Tweezers (1 pair)
- Safety pins (12)
- Nonlatex disposable gloves (6 pairs)
- Protective goggles/safety glasses (1 pair)
- CPR breathing barrier (1)
- Space "Mylar" blanket
- Black Sharpie Marker &/or Pencil
- Duct Tape
- Tampon
- Optional items:
 - Instant cold compress
 - SAM splint
 - Medications (AKA Convenience First Aid)

Medications (Both Critical Meds and Convenience Over-the-Counter Medications)

Besides the minimum recommended medications, consider carrying medications that will help your scouts FEEL BETTER and more comfortable. These are “convenient” to have, not critical, except in the case of the Epi Pen or aspirin, which can be truly lifesaving. Consider carrying convenience medications in a separate bag. These types of medications must be checked more frequently for expiration dates and it is generally not an emergency to get out the Tums or Lotrimin, so you do not need to keep them quite as accessible.

Class	Type/Brand	Uses
Analgesics	Acetaminophen (Tylenol), Ibuprofen (Advil/Motrin)	Fever, mild to moderate pain and inflammation
Analgesics	Aspirin <i>(should not be given to children)</i>	Suspected heart attack <i>(can interfere with blood clotting in injuries)</i>
Decongestants	Sudafed, Actifed, Contact	Nasal & upper respiratory congestion, allergies, sinus infections
Antihistamines	Benadryl tablets	Allergy symptoms of watery eyes, nasal drainage and hives.
Hydrocortisone Cream 1%	Cortaid, Lanacort, Cortizone	Inflammation associated with insect bites, poison ivy, allergic skin rashes.
Antifungal Cream	Clotrimazole, Mycostatin, Lotrimin, Micatin	Athlete’s foot and fungal/yeast infections of groin
Antacids	Tablets (Mylanta, Tums, Gelusil)	Heartburn, acid indigestion
Antidiarrheals	Loperamide, Imodium.	Decreases diarrhea
Oral Glucose Gel	Glucose paste or tablets	Diabetic - insulin shock
EpiPen*	*Requires a prescription in the US but you can work with a medical provider to get an Epi pen prescribed for use in your Scout Unit first aid kit.	Anaphylaxis / Anaphylactic shock

First Aid Kit Labels

Address labels, 1 in x 2 5/8 in, were used to produce the labels on the kits in the video. You can always use a sharpie to write the contents of the pockets. You do not have to number your pockets but it can be helpful.

1 BARRIERS

Gloves, Breathing

4 Bandaging

Gauze pads, eye pads.

7 SAM SPLINT

Useful for many things.

2 EQUIPMENT

Scissors, tweezers, blanket, pen light, forms, etc.

5 BURNS & ROLLED BAND.

Rolled gauze, Ace wraps, Burn treatment

3 Adhesives & OTC

Tape, mole skin, adhesive strips, prep pads, aspirin etc.

6 SEVERE BLEEDING

Triangular bandage, tourniquet