

First Aid Kit

Category	Activities
Badge	First Aid and Health
Advancement	Healthy Body
Time to allocate (mins)	15
Outcome	Each cub to have a small emergency kit they can carry with them Some plasters or dressing strips – to cover blisters, cuts and grazes. Notepaper and a pencil – for jotting down a message or some information. Some safety pins – these have many uses. A plastic bag — which can be used as an emergency drinking Cup, or to carry water, or for helping an injured person who is bleeding. A pair of tweezers with blunt ends – to remove thorns and splinters.
Resources	Alcohol swab Gloves Plaster or two Small piece of card with emergency numbers Needle and thread (optional) Container Red tape
Instructions	Silver Wolf - First Aid: Make a simple emergency kit and know how to use it When discussing this requirement with your Cubs, make sure that you have a couple of examples to show them. Remember that this emergency kit should be small and compact enough to fit into the uniform pocket. It may be in a small tin, plastic container or just a plastic bag, but it must be waterproof. The items can be changed according to what you think is most useful. They need to know how to use each of the items in their kit.

Entry written by Sharon Venn of 1st Randburg