



[Example] Contents of First Aid Box

Anti bacterial gel	Dressing disposal bags
Antiseptic wipes	Sanitary towels (individually wrapped)
Cold compress Pack	
Bandages - Crepe	Individual record sheet and pen
Bandages - Woven	Sudocrem
Bandages - Triangular	
Non adhesive wound dressings	
Plasters - Micropore tape	Latex free gloves
Plasters - Fabric & Waterproof	Polythene gloves
Plasters - Blue for kitchen use	Digital thermometer
Plasters - Blister	
	Paracetamol (12+ only)
Tissues	Calpol 6 plus
Tweezers	Piriteze syrup
Scissors	Ibuprofen (12+ only)
Safety pins	Anthisan bite cream

Girlguiding member's name _____

Signed _____ Date _____

**Please cross off anything you do not wish
your daughter to have.**

Please supply any prescribed medication e.g. antibiotics, inhalers, in a named packet with the dosage instructions written on it and hand it to the First Aider.