**Youth Ministry First Aid Kit**

❑ First Aid booklet

❑ Band-Aids (various sizes)

❑ Hand sanitizer

 ❑ Instant ice packs

❑ Hydrogen peroxide

❑ Rubbing alcohol

❑ Cotton balls

❑ Tweezers and scissors

❑ Medications, prescription and non- prescription, will be administered to minor participants only with written authorization from a legal guardian/parent. \*Consult with your insurance agent about dispensing medications, including aspirin. (Cough drops, antacid, anti-nausea, Tylenol, etc.)

❑ Surgical or rubber gloves (non-latex)

❑ Thermometer (disposable if possible)

❑ Alcohol, swabs

❑ Antibiotic ointment or cream (such as Neosporin)

❑ Antibacterial or antiseptic spray (such as Bactine)

❑ Sunscreen and after-sun lotion/aloe

❑ Bug bite cream or lotion (such as Cortaid or Cortizone 10)

❑ Various size bandages, butterfly wound closures, etc.

❑ Gauze pads and/or rolls

❑ Medical tape

❑ Flashlight

❑ Phone number for hospital, ambulance, EMT, etc.

Additional considerations:

Eye wash solution, splints, breathing barrier, safety pins, ziplock bags, silver emergency blankets

You may also need to stock a biohazard kit in case of bleeding (available in janitorial supply catalogs). In addition to surgical gloves and medical supplies, you’ll need a chemical that absorbs blood spills and sanitizes the area.

If you need a more extensive medical kit (going to a remote location, international travel, have special- needs students, etc.), please consult with trained medical personnel (and when possible have one on your team traveling with you!)