



# 1<sup>ST</sup> PORT NELSON SCOUT EMERGENCY KIT PROJECT

## MEDICAL SUPPLIES:

- |                                 |                             |                              |
|---------------------------------|-----------------------------|------------------------------|
| -Band Aids (various sizes)      | -Scissors                   | -Safety Pins                 |
| -Troop Neckerchief              | -Tweezers                   | -Any Prescription Medication |
| -Sterile Wipes                  | -Gauss Pads/ Gauss Bandages | -Respirator Face Mask        |
| -Cotton Padding                 | -Gloves                     | -First Aid Book              |
| -Triangles – suggest a min of 2 | -Tensor bandage             | -Medical tape                |
| -Bug Repellent                  | -Afterbite                  | -Sun Screen                  |
| <i>Optional</i>                 | -Gravol/Pepto Bismol        | -Tylenol                     |

## Survival Supplies:

- |  |   |                            |
|--|---|----------------------------|
| -Whistle   | -Waterproof Matches                       | -Compass                   |
| -Quarter   | -Candle                                   | -Mirror (Plastic)          |
| -Tin Foil  | -Solar Blanket                            | -Soup Base (Oxo)           |
| -Thin Wire   | -Ropes - <i>Heavy &amp; lights weight</i> | -Needle & Thread           |
| -Small Roll Duct Tape  | -Paper/Fire-Starters                      | -Pencil & Paper            |
| -Salt  | -Hatchet                                  | -Patch Kits – pole & nylon |
| -Hard Candies, Granola Bars  | -Flashlight (with extra Batteries)        | -Garbage bags (2)          |
| -Map (of the area you're traveling)  | -Fishing line, Hooks, Lure, Fly, Weight   |                            |
| -Knife (depending on the knife you have it may contain scissors, tweezers, saw and other useful tools) |   |                            |

## WINTER EXTRAS:

- |                      |               |                |                      |
|----------------------|---------------|----------------|----------------------|
| -Mittens             | -Wool Hat     | -Wool Socks    | -Chap Stick/Lip Balm |
| -Long Burning Candle | -Small Shovel | -Extra Blanket | -Wool Scarf          |

## CONTAINERS:

Make your kit with stuff around your house, it should not cost a lot and you will probably make a better more complete kit than you can buy. Use an old plastic container to hold the kit, or an old tin cup/pot, both can double as a water container or cooking container.

## TIPS FOR SURVIVAL:

- 1) Never go out hiking or camping without leaving your trail plan and expected time of return with a ranger, police or family member.
- 2) **Don't Panic!** Use your head and think carefully about what you should do. If you do not know where you are make camp and wait for help to come.
- 3) Always have your first aid kit on hand to treat any injury's that may occur. Read up on first aid treatments and be familiar with them before you go!
- 4) Always ensure you are drinking enough water. Dehydration is the biggest danger in a prolonged outing.
- 5) Stay dry and warm, dress appropriately for the weather you will be facing. Check the forecast before you go and Be Prepared for whatever Mother Nature can throw at you.
- 6) Ensure all your equipment is in good working order before you go.
- 7) The most important: *Have Fun*, if you plan well then you will have a great time and not have to worry about potential problems because you have prepared ahead properly.