



## Putting Together a First Aid Kit for Hiking

Do you remember the Ten Essentials? Any time you go hiking or camping, you need to bring a first aid kit! Kits will look different depending on the type, location and length of your hike, so you may need to swap items in or out depending on what your plans are. Learn about a few factors to consider when you assemble or buy a first aid kit for hiking.

## Learn

- Watch the video “**Putting Together a First Aid Kit for Day Hiking**” on the [GSOSW Facebook page](#).
- Discuss the following questions with a friend or family member:

*Imagine that you are planning a day hike. What are three injuries that could possibly occur, and what would you need in a first aid kit to treat them?*

*What would you consider taking in a hiking first aid kit that you probably wouldn't need in a home first aid kit?*

*Think of an outdoor activity you like to do that isn't hiking. Do you think there are any first aid supplies you should have in case of injury that are specific to that activity?*

*Have you ever been injured in the outdoors? What did you do to treat the injury?*

### Materials you need:

- The **Putting Together a First Aid Kit for Day Hiking** video
- Either actual first aid supplies, or craft supplies to create or list them (like paper, cardboard, markers, scissors, etc.)

## Try It Out

Choose one of the following:

- If you have first aid supplies or are able to acquire them, put together a first aid kit that you could actually bring on a day hike!
- Draw, paint, sculpt or create a fake first aid kit for hiking using art supplies.
- Write a list of everything you can think of that you would put in a first aid kit for your favorite outdoor activity.

**Did You Know?** Putting together a first aid kit may help you complete Step 3 of the Brownie and Junior First Aid badges!