



First Aid J/C/S/A

Before completing this charm, girls should have completed the Be Wild, Be Free patch

Junior:

- Create a personal first aid kit to be carried with you at all times.
- Create a troop camping first aid kit. This should be with your troop whenever you are camping, hiking or even at meetings. It should be compact enough that it can easily be carried.
- Know how to prevent minor burns and cuts, especially those that occur while cooking or building fires. Know what to do in the event these injuries occur. Each person in the troop should know how to calmly and efficiently tend these types of wounds.

Cadette:

- Create a personal first aid kit to be carried with you at all times.
- Create a troop camping first aid kit. This should be with your troop whenever you are camping, hiking or even at meetings. It should be compact enough that it can easily be carried.
- Know how to prevent and treat minor burns and cuts
- Know how to use muslin or bandanas as bandages. Learn how to secure or splint a hand, wrist, arm or sprained ankle. Learn how to transport a person with an injury if you are on a hike.
- Know how to prevent a sunburn and how to avoid poison oak or stings on the trail
- Take a first aid/ CPR training

Senior/Ambassador:

- Create a personal first aid kit to be carried with you at all times.
- Create a troop camping first aid kit.
- Know how to prevent and treat minor cuts and burns. Know how to treat sprains or broken bones. Know how to prevent and treat sunburn, poison oak and stings
- Learn how to treat a fainting victim on the trail.
- How do you help someone who is choking? How can you prevent choking?
- Know how to recognize and treat heat exhaustion, hypothermia and shock
- Take first aid/CPR training.
- Optional: take a wilderness first aid course