

- Notes -

In following Jesus' example, many times we must meet the physical and medical needs of people before we can share the message of Jesus Christ with them.

*"I am sure of this, that He who started a good work in you will carry it on to completion until the day of Christ Jesus."
(Philippians 1:6)*

Emergency Action Steps

When responding to emergency situations, always follow the three emergency action steps. Using these steps can help to minimize confusion and lessen the chance of others becoming injured.

Check the scene to make sure that it is safe to approach.

- Is it safe to approach?
- What happened?
- How many persons are involved?
- Is there an immediate danger?
- Can others help respond?

If it is safe to approach, **check** each person that is ill or injured. Be sure to obtain consent from the individual before providing care. If you suspect something is wrong, ask questions that will help you determine if they are ill or injured. Some times people deny anything is seriously wrong with them and avoid medical attention.

Call 9-1-1 or the local emergency number. This call will activate the emergency medical system. Every minute is important in serious medical emergencies.

Care for the ill or injured person. When providing care for the person, strive to "Do No Further Harm" to the individual. Pray for God's intervention.

First Aid Kits

A first aid kit is a necessity for each group. Having the proper first aid items is as important as knowing how to treat injuries. While many commercially produced first-aid kits are readily available, assembling a kit from scratch is an excellent training exercise. There is not an exact list of components for a first-aid kit. Your groups's activities might dictate a list different from another group's activities. For example, a kit prepared for a campout in a remote national park might contain more items than a kit for an afternoon hike.

Group First Aid Kit

Leaders should carefully watch the shelf life of the components of your first-aid kit. Items are stamped with the date they expire. Many items will have to be replaced yearly. Be sure to check and restock the first-aid kit as a part of trip planning.



A variety of containers from metal boxes to cloth bags can be used to hold first aid supplies. The container should be sturdy and well marked. Each person in the group should know where the kit is located.

The following items can be used in a group first aid kit:

- A roll or two of one-inch or wider gauze bandage.
- Two to four-inch gauze pads for larger wounds.
- One or two inch adhesive tape.
- Adhesive bandages (such as Band-aids®).
- A triangular bandage or bandana.
- Elastic-roller bandage (Ace wrap®).
- Waterproof matches, needle, scissors, safety pins, and tweezers.
- Cotton balls and Q-tips®.
- Antiseptic soap or antiseptic towelettes.
- Antiseptic solution or cream.
- Pain relievers such as aspirin, ibuprofen, or acetaminophen.
- Benadryl® or other antihistamine.
- Hydrocortisone cream and calamine lotion.
- Triple antibiotic cream.
- Upset stomach medication.
- Anti-diarrheal medication.
- Moleskin.
- Bite sticks for insect bites and stings.
- Latex gloves.
- Duct tape.
- Accident report form, small notebook and pencil.

Important: Before giving or applying any first aid medication, check with the injured person for any allergies.

Additional items for a wilderness outing:

- CPR life mask shield.
- Hot packs and cold packs.
- Space blanket.
- Sam splint®.
- Ammonia inhalants.
- Hypothermia thermometer.
- Water purification-iodine, chlorine bleach, or halazone tablets.

Personal First-Aid Kit

Campers should carry a personal first-aid kit. Personal kits might include the following:

- Personal medications.
- Bandages.
- Adhesive tape.
- Roll of gauze bandage.
- Moleskin.
- Pain reliever (aspirin, ibuprofen, or acetaminophen)
- Antiseptic towelettes.
- Triple antibiotic cream.



“Jesus took up the question and said: ‘A man was going down from Jerusalem to Jericho and fell into the hands of robbers. They stripped him, beat him up, and fled, leaving him half dead. A priest happened to be going down that road. When he saw him, he passed by on the other side. In the same way, a Levite, when he arrived at the place and saw him, passed by on the other side. But a Samaritan on his journey came up to him, and when he saw the man, he had compassion. He went over to him and bandaged his wounds, pouring on oil and wine. Then he put him on his own animal, brought him to an inn, and took care of him. The next day he took out two denarii, gave them to the innkeeper, and said, “Take care of him. When I come back I’ll reimburse you for whatever extra you spend.” Which of these three do you think proved to be a neighbor to the man who fell into the hands of the robbers?’ ‘The one who showed mercy to him,’ he said. Then Jesus told him, ‘Go and do the same.’” (Luke 10:30-37)