

Activities for the Pack on a First Aid Night:

Have a Leader or senior Cub walk into the room and complain or act out one of the above conditions. Choose a Cub who knows the answer and have him play the First Aider. Make sure he/she gets someone to go for help. Make sure everyone plays in the game.

With the Cubs build a Pack First Aid Kit. Some of the items could include:

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| Antiseptic ointment | Triangular bandage |
| Insect repellent | Sterile roll cling gauze bandages |
| Sunscreen | Various adhesive band-aids |
| Ointment for insect bites and sunburn | Wet towelettes [baby wipes] |
| Cough medicine | Alcohol swabs |
| Throat lozenges | Adhesive tape to secure bandages |
| Tweezers (for removing splinters) | Cotton balls and/or Q-tips |
| Fingernail clips | Small flashlight |
| Bandage scissors | Small insulating blanket |
| Nail file | Drinking cup |
| Soap | Paper & pencil |
| Safety pins | First Aid book |
| Salt | Coins to make phone calls |
| Whistle | Phone numbers for police, hospital and parents |

Collect all the above objects and place in a bag. Add other items such as a plastic bowl, spoon, Nintendo game, music CD etc. Arrange the Cubs in a circle around you. Pick one item at a time out of the bag and have the Cubs select which would be best for the First Aid Kit. Have them explain why the item is useful and how it is used. Combine with the above role-playing game and use some of the items in the kit to assist in giving First Aid.

