

**Scoutdocs** 

A project of Scouter Liam Morland

Documents: The B-P Kit

The B-P Kit

This First Aid/Emergency Kit helps Scouts to Be Prepared

By Scouter Liam Morland, September 2000

When in the outdoors, every Scout must Be Prepared for both ordinary camp activities like lighting a fire or cutting rope, as well as emergencies like getting lost or severe bleeding. The items below form a good kit to help a Scout to Be Prepared. These items should be packed away in a container that is easy to carry around, such as a waist pack. Carry this kit with you always when in the outdoors. It could be useful anytime.

- Fox 40 Whistle
- Large yellow garbage bag for shelter (keep it folded; Mylar emergency blankets are good too)
- Matches in a waterproof case
- Tiny flashlight
- Fire starter
- Pencil (short) and note paper
- Duct Tape — Wrap it around your pencil
- Parachute cord
- Emergency food bar
- First aid gloves
- Disinfectant swabs
- Cloth bandages
- Triangular bandage
- Tweezers
- Q-tips
- Needle and thread — strong button-hole thread. strong button-hole thread. Store the needle by poking it twice through the sides of a short piece of a straw with the point on the inside
- [Emergency phone numbers card](#) with numbers for police, fire, ambulance, and Poison Information Centre, and collect calling instructions. Card should also identify the carrier and provide emergency contact information, such as parents' phone numbers

Other Important Items

The items below are good to have, but are expensive. One is better off waiting and buying high quality than getting a cheap one. Specific brands and models are recommended based on years of experience in the outdoors field. These items make great gifts for Scouts.

- Folding knife — Genuine Swiss Army Knife with a locking blade. Fake Swiss Army knives are not worth buying
- Flashlight — Compact LED headlamp
- Compass — Silva Polaris, Suunto A-10, or Nexus 7DNL