

First Aid Kits

First Aid kits can be made for many people in your community - people who are unhoused, those living in transitional/shelter housing, elderly, or anyone who could use a first aid kit. While some youth assemble kits, others can work on creating and printing a first aid handout - think of what first aid education your target audience could use (e.g. rescue breathing, CPR, bee stings, cuts, burns, etc.). Be sure to choose your sources carefully and cite them on your handout.

- **Area of Care:** Poverty, unhoused, elderly, families
- **Time:** 1 hr estimated prep and 1 hr execution time
- **Sample materials:** Ziploc bags, Band-Aids, gauze, antiseptic wipes, cotton pads, tissues, lip balm, hand sanitizer, basic first aid tip sheet
- **Photo:** Warehouse RISE teens (Wilmington, DE) made these first aid kits in May 2022 for people who are unhoused in the Wilmington community,



1. **Investigate:** Who could use first aid kits in your community? What types of items could they use? What (if any) items would you not include? How can you get the kits to those in need?
2. **Prepare:** If you plan to work with an agency or community group, contact them to ask permission, what are their needs, and how/when to drop off. Create a materials list, decide how you will collect items (donations and/or purchase), collect donations and/or purchase supplies, gather volunteers to pack kits.
3. **Execute:**
 - Collect all items and inventory or lay out all items and determine how many of each item will go in each first aid kit.
 - Create and print first aid brochure (could be done ahead of time). Be mindful of using a reputable source.

- Pack kits. (Pro tip: Set up a station for quality control to check that each kit has all items allotted.)
- Deliver and distribute the first aid kits.

4. Reflect:

- *Debrief:* As a team, spend 15 minutes discussing how the project went (highs, lows, things you would change).
- *Reflect:* What was the impact on the people who received the cards? What was the impact on you and your teammates? What did you learn (about yourselves, your community)? What leadership skills did you use/improve?

5. Share:

- Report your impact. Think about the number of people served and the impact on the beneficiaries. Also, gather quotes and stories when possible.
- Share: Tell others about your project and the impact made, through social media and your school channels.