

# Film Canister First Aid Kit

Hook them to your belt or your back pack! These are great for camping, school, summer camp or field trips. An option to the empty film canister is our [whistle/compass containers](#).

## You need:

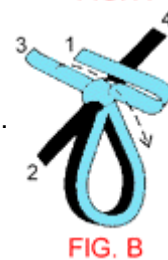
- Empty Film Canister or [whistle/compass containers](#)
- [8' of Plastic Lace](#) (Skoobies!) (4'each of two colors)
- [Plastic Clip](#)
- [Alphabet Beads](#) for Names or Initials or [Number Beads](#) for Troop Number
- 14 [Pony Beads](#)
- [Foamie Cool Shapes](#) or Foamie Scout Shapes
- [Gemstones](#)
- [Low Temp Glue Gun](#)
- Paint Marker (optional)
- Scissors

## Instructions:

Cut two 4 ft. pieces of plastic craft lace. Tie them on a plastic clip so the same colors are opposite each other; (fig. A).



Fold strand 1 to opposite side leaving a small loop; (fig. B). Fold strand 3 to opposite side leaving a small loop. Hold strands in place with one hand.



With your other hand, weave strand 2 over strand 3 and under strand 1. Weave strand 4 over strand 1 and under strand 3; (fig. C) Pull tightly, stretching the cord slightly to secure. Continue until you have about a 1" braid. String a pony bead, then your number or letter beads, then another pony bead. Continue with more box stitches until you have enough to go all around the film canister. Glue the lanyard braid you have just made all around the film canister near the top. Tie loose end to ring on clip. Pull tight, stretching lace to secure.



Add three pony beads to each lace end. Tie off with a double knot and trim.

Decorate the front of the film canister with foamies and gemstones. Paint lid with a paint marker if desired.

Ideas for your first aid kit:

Small paper with name, phone and address

Band-Aid

Coins for Phone Call

Safety Pins

Wet Nap

Needle with Thread

Bee-Stinger Remover

Antiseptic Wipe

*Note: The suggestions above are not necessarily accepted items by your organization. Please make sure to follow the guidelines provides by your organization.*

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