

DIY INSTRUCTIONS: BASIC FIRST AID KITS FOR DEMONSTRATORS

MATERIALS NEEDED:

- ★ Sandwich-sized zipper lock storage bags
- ★ Permanent markers
- ★ Chapter contact information
- ★ 5-10 adhesive bandages (various sizes)
- ★ 1-2 Gauze pads
- ★ 1-2 antibiotic ointment packets
- ★ 1-2 antiseptic wipes
- ★ Ibuprofen
- ★ Antihistamine
- ★ Safety pins

Getting Started:

- ★ Set up prep station, assembly line, and an area to place completed packages.
- ★ If creating first aid kits with others, work together to determine who will be responsible for each station.

Prep Station Instructions:

- ★ Write description (basic first aid kit) and date on zipper lock storage bags
- ★ If using a PFLAG sticker or label, place on outside of bag
- ★ Take prepped bags to filling station
- ★ Repeat until materials are gone!

Filling Station Instructions:

- ★ Put items in each bag
- ★ Close bag. Be sure to check that it is completely closed
- ★ Take completed bag to the staging area

Start Strong, End with a Message!

Know **in advance** where, when, and how the first aid kits can be delivered to individuals and organizations that are demonstrating in your community.

Don't forget to include something (e.g., business card or note) with details on how to connect with your PFLAG chapter. Demonstrators may have volunteer opportunities, calls to action, event details, and more that they'd like to share with your chapter. You'll never know who needs the services your chapter offers the community.

DIY INSTRUCTIONS: REFRESH STATION FOR DEMONSTRATORS

MATERIALS NEEDED:

- ★ Folding table and chairs
- ★ Chapter contact information
- ★ 2 trash cans to collect garbage and recycling
- ★ Cooler with ice
- ★ Poster board
- ★ Bottled water
- ★ Markers
- ★ Healthy snacks

Getting Started:

- ★ Reach out to organizations and activists that are planning the demonstration to determine where it would be useful for your chapter to set up a refresh station.
- ★ If setting up a refresh with others, work together to determine who will be responsible for what.
- ★ Create signage in advance.

Create Signage Instructions:

- ★ Use poster board and markers to create signage for your refresh station
- ★ Make sure your signage is legible (dark colors, large print letters)

Day-Of Instructions:

- ★ Arrive on time at the site you coordinated with demonstration planners
- ★ Set-up your table and distribute water and snacks until you run out

Start Strong, End with a Message!

Know **in advance** where, when, and how refresh stations can be set up to support individuals and organizations that are demonstrating in your community.

Don't forget to include something (e.g., business card or note) with details on how to connect with your PFLAG chapter. Demonstrators may have volunteer opportunities, calls to action, event details, and more that they'd like to share with your chapter. You'll never know who needs the services your chapter offers the community.