

FIRST-AID KITS



Being prepared for first aid means having the necessary supplies on hand. A personal first-aid kit will help you treat scrapes, blisters, and other minor injuries. Carry a personal first-aid kit on hikes and campouts. Fit everything in a resealable plastic bag and take it with you whenever you set out on a Scout adventure. Preparing a larger first-aid kit for your patrol or troop can be useful in treating many injuries and illnesses. Everyone should know who is carrying the kit and where it is stored so that it can be located quickly.

Personal First-Aid Kit

- 6 adhesive bandages
- 2 sterile, 3-by-3-inch gauze pads
- A small roll of adhesive tape
- A 3-by-6-inch piece of moleskin
- A small bar of soap or small bottle of alcohol-based hand sanitizing gel
- A small tube of triple antibiotic ointment
- Scissors
- Disposable nonlatex gloves
- CPR breathing barrier
- Pencil and paper



Use disposable nonlatex gloves from your first-aid kit to protect yourself whenever first-aid emergencies involve blood or other body fluids. Nonlatex gloves are best, because some people are allergic to latex. Touching latex can cause them to experience mild to severe allergic reactions.



Visit www.bsahandbook.org for downloadable checklists for personal and home/troop first-aid kits.