

Personal First Aid Kit

From the Boy Scout Handbook, page 289:

"Carrying a few first aid items on hikes and campouts will allow you to treat scratches, blisters, and other minor injuries, and to provide initial care for more serious emergencies. Everything will fit in a self-sealing plastic bag. Get in the habit of taking along your personal first aid kit whenever you set out on a Scout adventure."

Item	Qty	Use
Adhesive bandages	6	<i>Keep wound clean - p. 384</i>
Sterile gauze pads, 3-by-3 inch	2	<i>Larger wounds - p. 304</i>
Adhesive tape	1 small roll	<i>Hold pad in place - p. 304</i>
Moleskin, 3-by-6 inch	1	<i>Blisters - p. 398</i>
Soap	1 small bar	<i>Wash skin - p. 301</i>
Antiseptic	1 small tube	<i>Sterilize exposed skin - p. 299</i>
Scissors	1 pair	<i>Cut gauze or tape - p. 304</i>
Latex gloves	1 pair	<i>For bleeding or wound care - p. 299</i>
Mouth-barrier device	1	<i>Rescue breathing or CPR - p. 299</i>
Plastic goggles or other	1	<i>Protect eyes - p. 299</i>
Pencil and paper	1 each	<i>Log treatments & details - p. 292</i>

For instruction in using these items, see the Boy Scout Handbook, pages 288 - 327.

Second Class requirement # 6b:

"Prepare a personal first aid kit to take with you on a hike."