

# Boy Scout Personal First Aid Kit

From the [Boy Scout Handbook](#) p. 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."*

| <b>Item</b>                     | <b>Qty</b>   | <b>Use</b>                                   |
|---------------------------------|--------------|--|
| 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 &amp; details - p. 292</i> |