

SCOUT PERSONAL FIRST-AID KITS CHECK LIST

A personal first-aid kit will help you treat scrapes, blisters, and other minor injuries. Carry a personal first-aid kit on hikes and camp outs.

Back Pack Basics:

- Six adhesive bandages
- Two 3-by-3-inch sterile gauze pads
- One small roll of adhesive tape
- One 3-by-6-inch piece of moleskin
- One small soap or travel-size bottle of hand sanitizer
- One small tube of antibiotic ointment
- One pair of scissors
- Tweezers
- One pair of non-latex disposable gloves*
- One CPR breathing barrier
- Pencil and paper

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

