Personal, Family, and Troop First Aid Kit Checklists

Choose the first aid supplies you need based on your activity. For example, a short hike in a nearby park requires a different kit than a week-long backpacking trip in the wilderness.

A larger first aid kit for your patrol or troop can help treat a wider range of injuries and illnesses. Everyone should know who is carrying the kit or where it is stored so it can be found quickly in an emergency.

Item	# per personal kit	# per family or troop kit	Comments
Gloves, non-latex	2 pair	6 pair	Non-latex gloves avoid latex allergy situations for first aiders and victims. Thin vinyl gloves for food handling are less expensive but less durable than nitrile gloves.
Safety glasses	Optional	2 pair	To protect from body fluids.
CPR face mask or Mouth Barrier	Optional	2	
Adhesive bandages, non-latex, 1" x 3"	6	1 box, assorted	
Moleskin 3" x 6"	1	4	
Sterile gauze pads 3" x 3"	2	12	
Roll gauze 2" non-sterile, individually wrapped	Optional	1	Individually wrapped roll gauze will stay clean and rolled up. Roll gauze is used to hold sterile gauze onto wounds, so clean, but not necessarily sterile gauze, is needed. Sterile roll gauze costs more but may be needed for burns or large arm or leg wounds.
Roll gauze 3" non-sterile, individually wrapped		1	Individually wrapped roll gauze will stay clean and rolled up. Roll gauze is used to hold sterile gauze onto wounds, so clean, but not necessarily sterile gauze, is needed. Sterile roll gauze costs more but may be needed for burns or large arm or leg wounds.
Roll 1" latex free adhesive tape	1 small	1	
Elastic roller or self-adherent bandages, non-latex, 3”	Optional	2	Elastic bandages can be used for ankle, knee, wrist, and hand wraps, compression dressings on wounds, and splinting.
Triangular bandage, 40” x 40”	Optional	4	Triangular bandages can be used for head bandages and for slings. They can be folded into cravats for wound bandages and splints.
Travel-size hand gel	Small Bottle	1	
Sanitizing wipes, 60+% alcohol	4-6	24	

Item	# per personal kit	# per family or troop kit	Comments
Petroleum jelly for minor wounds, single-use packets or small tube	4-6	6-8	For application to scrapes and scratches to keep tissues moist, prevention of hard dry scabs, and speed healing with less scarring. https://www.aad.org/public/everyday-care/injured-skin/burns/wound-care-minimize-scars
Antibiotic ointment for minor wounds, single-use packets or small tube	4-6	6-8	Optional Some people are allergic to antibiotic ointments. Ask permission before applying. Petroleum jelly preferred
Sterile hydrogel burn pads and hydrocolloid blister dressings		2	
Hydrocortisone 1% cream, single-use packets or small tube	4-6	12	Optional Before using, check history for intolerance or allergy with skin rash. Single-use packets are small, lightweight, and avoid cross-contamination from multiple users.
Safety Pins	Optional	12	
Tools			
Multifunction mini pocketknife with tweezers and scissors			Optional These multitools include tweezers for ticks and splinters and scissors for moleskin.
Tweezers	1	1	Plastic tweezers can be satisfactory for crafts but not for removing splinters, ticks, or debris from wounds. Fine tip metal tweezers are helpful for removing ticks.
Scissors	1	1	Scissors are needed for moleskins
Structural Aluminum Malleable (SAM®) splint			Optional.
Tourniquet, commercial, with windlass (military approved)	Optional	1	
Pencil and small notebook	1	1	Recommended.
Emergency blankets		2	Optional
Duct tape	2 to 4 yards	6 to 10 yards	Optional
Plastic Garbage Bags		Optional	
Resealable Plastic Bags (gallon size)		Optional	