

Personal, Family, and Troop First Aid Kit Checklists

Item	# per personal kit	# per family or troop kit	Comments
Plastic sandwich or food bag with strip closure for containing first aid kit supplies	2	6	Bags must be sealable to be watertight. For backpacking, Scouts should carry this kit in a plastic bag in a cloth bag to decrease risk of snags and punctures. Consider at least several bags, 1 for all supplies, 1 for bandage litter and soiled gloves, 1 for ice packs, 1 or 2 for a makeshift non-stick burn dressing. Clean food plastic wrap can also dress a burn until medical evaluation occurs. By filling a bag with clean water, then cutting a corner off, you can squeeze the bag to create a jet of water to wash a wound.
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	1	3 pair	To protect from body fluids.
Face mask, N95	1	6	An N95 or a similar mask protects from smoke, blood splashes, and respiratory infections.
CPR face mask 30:2			Optional. Hands Only CPR is effective and can save seconds lost to finding, applying, and using a CPR mask. Learn Hands-Only CPR in 60 seconds, video 1:00 https://www.youtube.com/watch?v=UxEfQJP3MQk
Whistle	1	3	Repeated sequences of 3 blasts on a whistle are an effective way to call for help. A colorful string for a lanyard can help you keep track of the whistle in your tent, backpack, and campsite. Routinely attaching a whistle to backpack chest straps or to life jackets is recommended for fast access.
Adhesive bandages, non-latex, 1" x 3"	4 to 6	1 box, assorted	
Adhesive bandages, non-latex, 2" x 4"	2 to 4	20	Recommended compared to moleskin. These large adhesive bandages are inexpensive, quick to use, sterile, familiar, and can be applied over a smear of petroleum jelly over cleaned hot spots or intact or ruptured blisters.
Moleskin 3" x 3"	1 or 2	4	Optional. Moleskin is time-consuming to use. Scissors are required to cut donuts for blisters. Adhesive should not be applied over open blisters.
Sterile gauze pads 3" x 3"	4	12	3" x 3" size fits best in a sandwich bag.
Sterile gauze pads 4" x 4"	Optional		Optional because of large size of packaging. Recommended for family or troop kits.

Clean handkerchiefs	2	4	Store separately in their own plastic sandwich bags as dressings for compression on wounds with serious bleeding. They are compact, inexpensive, and more quickly accessible than packaged gauze.
Butterfly skin closure tapes	2	8	Optional. Consider these for home and troop first aid kits.
Roll gauze 2" non-sterile, individually wrapped	1 or 2	4	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 should be loosely applied around arm and leg wounds that may swell to avoid a tight wrapping that may impair circulation.
Surgical tape 1" x 1.5 yards, or small roll	1	4	Shorter lengths than standard rolls are recommended for decreased weight and bulk for backpacking and for avoiding cross-contamination for multiple dressings.
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" x 56" or larger	1	6	Triangular bandages can be used for head bandages and for slings. They can be folded into cravats for wound bandages and splints.
Safety pins, 3" size	3	6	For slings
Safety pins, 1" to 1.5" size	6	12	For roll and elastic bandages and for repairs of torn clothes. Sterilize the sharp pin with alcohol or a flame before using it to rupture a friction blister.
Soap, small bar or 3 ounces of liquid biodegradable soap	1		For hand washing and for cleaning around wounds.
Sanitizing wipes, 60+% alcohol, 5 x 7", or travel-size hand gel	4-6	20	Recommended over smaller alcohol pads because they are larger when unfolded and can sanitize areas around wounds and hands more easily.
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
Sunscreen SPF 30+, single-use packets or small tube	4-6	6-8	Before using, check history for intolerance or allergy with skin rash. Apply sunscreen every 2 hours to uncovered skin to prevent sunburn. Applying a combination of DEET insect repellent with sunscreen is not recommended because of increased exposure to DEET with frequent application.

			https://www.aad.org/public/everyday-care/sun-protection/shade-clothing-sunscreen/how-to-apply-sunscreen
Aloe vera gel, single-use packets or small tube	4-6	6-8	Before using, check history for intolerance or allergy with skin rash. Aloe vera applied to sunburn areas several times each day can help relieve pain and may help wound healing. https://www.aad.org/public/everyday-care/injured-skin/burns/treat-sunburn https://www.webmd.com/skin-problems-and-treatments/what-to-know-about-aloe-vera-sunburns
Insect repellent, single-use packets or small tube	4-6	6-8	Before using, check history for intolerance or allergy with skin rash. Follow package directions for applying.
Hydrocortisone 1% cream, non-prescription, single-use packets or small tube	4-6	12	Before using, check history for intolerance or allergy with skin rash. Single-use packets are small, lightweight, and avoid cross-contamination from multiple users. Before using this cream for itching for bug bites or poison plant rash, check for history for intolerance or allergy with skin rash.
Antihistamines, non-prescription cetirizine, diphenhydramine, loratadine, fexofenadine			Optional for treatment of nasal allergies, itching from mosquito, tick, ant stings, bee stings, and poison plant rashes. Before using, check history for intolerance or allergy. These medications for itching and allergies may be included in kits with approval of a parent or guardian. Doses should follow manufacturers' recommendations. Diphenhydramine can cause drowsiness, which is dangerous for driving.
Pain medications, non-prescription ibuprofen, acetaminophen			Before using, check history for intolerance or allergy. Optional to include for pain treatment. These medications may be included in kits with approval of a parent or guardian. Doses should follow manufacturers' recommendations.
Aspirin			Before using, check history for intolerance or allergy. Optional. Aspirin is not recommended for people 17 years old and younger because of the risk of Reye Syndrome. Aspirin 81 mg might be included as emergency treatment of heart attack.
Tools			
Nail clippers	1		Recommended. Nail clippers are useful for hangnails and torn nails. Both are difficult to manage with small scissors or a knife blade.
Multifunction mini pocketknife with tweezers and scissors			Recommended. These multitools include tweezers for ticks and splinters and scissors for moleskin. An

			example is the Multi-function pocketknife available at scoutshop.org.
Ring string for removing a ring on a swollen finger, about 5 feet.	1	1	Recommended. Ring string could be string, fishing line, dental floss, sewing thread, narrow ribbon, or a rubber band. Wrap the string from the fingertip toward the ring to force swelling under the ring. A toothpick, rounded end of a safety pin, a pen tip cover, or other blunt probe can be used to push the string beneath the ring. Pull on the end under the ring to unwrap the string and move the ring toward the fingertip. Link to ring string video https://www.youtube.com/watch?v=DrDROoJAF4I
Tweezers or tick removal tool			Optional. 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. Plastic or DIY tick removal tools made from a plastic spoon or a piece of stiff plastic are alternatives. https://www.youtube.com/watch?v=h_El0jJPULY https://www.youtube.com/watch?v=Sq6DTikcMe8
Scissors			Optional. Scissors are needed for moleskins
Scissors, heavy duty			Optional.
Structural Aluminum Malleable (SAM®) splint			Optional for personal kit, recommended for troop kit.
Tourniquet, commercial, with windlass	1	2	Recommended.
Thermometer, oral			Optional.
Pencil and small notebook			Recommended.
First aid manual, First Aid MB pamphlet			Optional.
Water purification tablets			Optional.
Cold compress			Optional.
Emergency blankets	2	4	Recommended.
Duct tape	2 to 4 yards	6 to 10 yards	Recommended for gear repairs. Consider for removing rope splinters.