

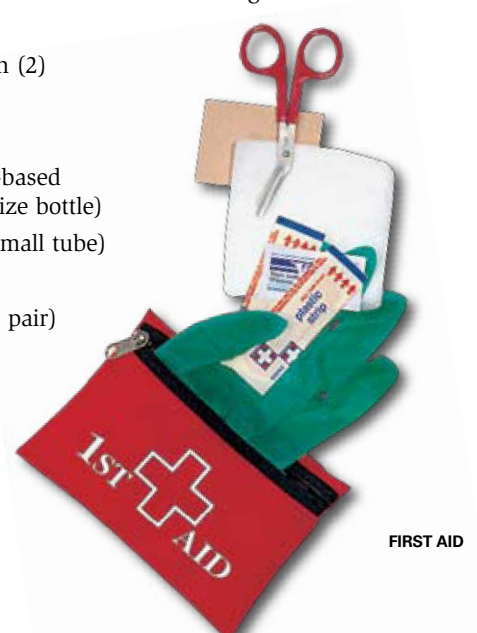
First-Aid Supplies and Skills

You cannot render first aid if you do not have the tools and supplies necessary to treat an injured or ill person. A well-stocked first-aid kit is an essential item for all first-aiders. Equally important is learning and practicing difficult first-aid skills such as how to safely transport an ill person or an accident victim.

Personal First-Aid Kit

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. You should be able to fit everything in a resealable plastic bag. Always take your personal first-aid kit when you set out on a Scout adventure. Your kit should include as a minimum the following:

- Adhesive bandages (6)
- Sterile gauze pads, 3-by-3-inch (2)
- Adhesive tape (1 small roll)
- Moleskin, 3-by-6-inch (1)
- Soap (1 small bar) or alcohol-based hand sanitizing gel (1 travel size bottle)
- Triple antibiotic ointment (1 small tube)
- Scissors (1 pair)
- Nonlatex disposable gloves (1 pair)
- CPR breathing barrier (1)
- Pencil and paper



Home or Patrol/Troop First-Aid Kit

A more comprehensive first-aid kit suitable for home use or use by your patrol or troop can treat a wide range of injuries. After assembling your home kit, be sure everyone in your family knows where the kit is being stored. It also is a good idea to carry a first-aid kit in the car in case of roadside emergencies. On Scout outings, the patrol or troop first-aid kit can be carried in a fanny pack that is marked so that it will be easy for anyone to locate. At a minimum, the kit should contain the following:

- Roller bandage, 2-inch (1)
- Roller bandage, 1-inch (2)
- Adhesive tape, 1-inch (1 roll)
- Alcohol swabs (24)
- Assorted adhesive bandages (1 box)
- Elastic bandages, 3-inch-wide (2)
- Sterile gauze pads, 3-by-3-inch (12)
- Moleskin, 3-by-6-inch (4)
- Gel pads for blisters and burns (2 packets)
- Triple antibiotic ointment (1 tube)
- Triangular bandages (4)
- Soap (1 small bar) or alcohol-based hand sanitizing gel (1 travel size bottle)
- Scissors (1 pair)
- Tweezers (1 pair)
- Safety pins (12)
- Nonlatex disposable gloves (6 pairs)
- Protective goggles/safety glasses (1 pair)
- CPR breathing barrier (1)
- Pencil and paper

