

Personal First-Aid Kit

Here are the basics for your pack:

- 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 bar of soap or travel-size bottle of hand sanitizer
- One small tube of antibiotic ointment
- One pair of scissors
- One pair of non-latex disposable gloves
- One CPR breathing barrier
- Pencil and paper



At Home

Gather these materials and keep them in a handy spot in the house:

- First-aid manual, like the “First Aid” merit badge pamphlet
- 2 2-inch gauze bandages
- Roll of 1-inch adhesive tape
- 12 3-by-3-inch sterile pads
- 12 assorted adhesive bandages
- 2 elastic bandages, 3 to 6 inches wide
- Thermometer
- Scissors
- Tweezers
- Box antiseptic wipes with benzalkonium chloride
- 2 pairs latex gloves
- Safety pins
- Calamine lotion
- Eye goggles
- Mouth-barrier device
- Small bottle antihistamines (Benadryl)
- Small bottle acetaminophen for pain and fever
- Small bottle ibuprofen for inflammation, muscle aches, pain and fever

For the Patrol

This first-aid kit should cover one patrol on a typical outing:

- First-aid manual, like the “First Aid” merit badge pamphlet
- 1 2-inch roller bandage
- 2 1-inch roller bandages
- 2 rolls of 1-inch adhesive tape

- 6 alcohol swabs
- Water purification tablets
- 12 assorted adhesive bandages
- 2 elastic bandages, 3 to 6 inches wide
- 12 3-by-3-inch sterile pads
- Antiseptic towelettes
- 2 triangular bandages, 40-inch
- 2 3-by-4-inch nonadherent sterile dressings
- 5-by-9-inch trauma pad to stanch bleeding
- Moleskin
- 3 butterfly closure bandages
- Petroleum jelly
- Antibiotic ointment
- Insect repellent
- Scissors
- Tweezers
- Safety pins
- Aloe vera gel for sunburn
- 2 pairs latex gloves
- Mouth-barrier device