

## Personal First Aid Equipment

Here is the complete list of what First Aid essentials each Scout should carry with them on outdoor activities. For in depth coverage read First Aid in your Scouting Handbook on pages 287-329.

<b>X</b>	<b>Personal First Aid Kit</b>
	6 Adhesive bandages
	2 Sterile gauze pads, 3 by 3 inch
	1 small roll adhesive tape
	1 piece Moleskin, 3 by 6 inch
	1 small tube of Antiseptic
	1 small bar of Soap
	1 pair Scissors
	1 pair Latex gloves
	Mouth barrier device for rescue breathing CPR
	Pencil and paper
	<i>* Everything should fit easily into a self-sealing plastic bag.</i>