

Essential First Aid Equipment

Here is the complete list of what First Aid essentials each Scout should carry with them on outdoor activities.

X	PERSONAL FIRST AID KIT*
	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 bar of Soap
	1 small tube of Antiseptic
	1 pair Scissors
	1 pair Latex gloves
	Mouth barrier device for rescue breathing or CPR
	Plastic goggles or other eye protection
	Pencil and paper
	<i>* Everything should fit easily into a self-sealing plastic bag.</i>