Personal First Aid Kit

From the Boy Scout Handbook, page 289:
"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. Everything will fit in a self-sealing plastic bag. Get in the habit of taking along your personal first aid kit whenever you set out on a Scout adventure."

Item	Qty	Use
Adhesive bandages	6	*Keep wound clean* - p. 384
Sterile gauze pads, 3-by-3 inch	2	*Larger wounds* - p. 304
Adhesive tape	1 small roll	*Hold pad in place* - p. 304
Moleskin, 3-by-6 inch	1	*Blisters* - p. 398
Soap	1 small bar	*Wash skin* - p. 301
Antiseptic	1 small tube	*Sterilize exposed skin* - p. 299
Scissors	1 pair	*Cut gauze or tape* - p. 304
Latex gloves	1 pair	*For bleeding or wound care* - p. 299
Mouth-barrier device	1	*Rescue breathing or CPR* - p. 299
Plastic goggles or other	1	*Protect eyes* - p. 299
Pencil and paper	1 each	*Log treatments & details* - p. 292

For instruction in using these items, see the Boy Scout Handbook, pages 288 - 327.

Second Class requirement # **6b:**
"Prepare a personal first aid kit to take with you on a hike."

References
Your handbook is your primary reference. Also see the current First Aid Merit Badge Pamphlet from scoutstuff.org.

MeritBadge.Org offers a number of related resources including:
- First Aid Skills - offers step-by-step instructions and lesson videos.
- First Aid Kit - has additional informaiton on group first aid kits
- Emergency Kit - a checklist for making your own emergency kit
- Camping Checklist - Checklists cover everything from day hikes to campouts.