

Personal First-Aid Kit

The Boy Scout Handbook recommends that personal first aid kits include:

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| Adhesive bandages | 6 |
| Sterile gauze pads, 4-by-4-inch | 2 |
| Adhesive tape | 1 small roll |
| Moleskin, 3-by-6-inch | 1 |
| Soap or alcohol-based hand sanitizing gel | 1 small bar or travel-sized bottle |
| Antibiotic ointment (Bacitracin) | 1 small tube |
| Scissors | 1 pair |
| Tweezers | 1 pair |
| Disposable non-latex gloves* | 1 pair |
| Mouth-barrier device for rescue breathing | 1 |
| Pencil and paper | 1 |

* Use medical gloves from your first aid kit to protect yourself whenever first aid emergencies involve blood or other body fluids.

