

Personal First Aid Kit

Troop 849 - Manhattan Beach, CA

Weekend hike

- * Personal prescription medications (3 day supply)
An adult leader must know the following about each medication:
 - 1) What is it and what is it for?
 - 2) How and when is it to be taken?
 - 3) What are its reactions with other things (i.e. dairy products or elevation effects)?
 - 4) What are the possible side effects or danger signs to watch for and what actions to take if necessary?
 - * 10 pain relievers (whatever you prefer; i.e. aspirin, Tylenol®, etc.)
 - * 10 assorted adhesive bandages (Band-Aids®, etc.)
 - Moleskin (6 square inches)
 - 3 sterile gauze compresses (3" X 3")
 - Cotton adhesive tape (1" wide roll)
- * Minimum required for your first hike

Additional for Longterm

- Additional personal prescription medications for up to 10 days
- Antibiotic ointment (1 small tube of about 1/8 oz.)
- Elastic bandage (Ace type, 2" wide roll)
- 1" roller bandage (prefer 5' to 6' strip of clean cloth material)
- Triangular bandage (homemade from old sheet with 30" on the short side)
- 6 to 8 butterfly bandages
- 3 cotton balls

Optional (bring these if you need them)

- Molefoam (6 square inches)
- Small folding scissors (used to cut Moleskin, etc.)
- Nail clippers
- Tweezers
- Needle and thread