

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 Long-term

___ 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