



Personal First Aid Kit

Scouts are asked to put together a Personal First Aid Kit with the following items. Bring this Personal First Aid Kit with you to each Thursday meeting and on weekend events.

The Personal First Aid Kit should contain:

- Tweezers
- Small Scissors (Nail Scissors)
- Band-Aids (At Least 10)
- Antiseptic/Alcohol Swabs
- Bandage (1 compression, 1 triangular)
- Gauze Pads (2 to 3)
- Safety Pins (2 to 3)
- Q Tips (Aka Cotton Swabs) (2 to 3)
- Stingose (Or Similar- Relief from Bites/Stings)
- (Optional) Aloe Vera Gel (Or Similar)

All items should be placed together within a zip lock bag or container (plastic or tin) and labelled with your Scout's name.

Please note that while you may have to purchase some of these items, the kit you put together will be used in the Scout section for many years to come.