

Backpacking First Aid Kit List

Adult Scout Leader

This is the first aid kit the adult leader should bring backpacking:

Duct tape

Moleskin

Johnson & Johnson Advanced Healing Blister Pads (multi day protection)

Space (emergency) blanket

Latex free 'rubber' gloves

scissors

Tylenol 10 caplets

Bayer Aspirin 12 tablets

Tums 12 tablets

Benadryl Allergy (antihistamine) 12 tablets

Small magnifying glass

Tweezers (sharp pointed)

Vaseline (small tube) Lip Therapy (0.35 oz)

Bandages, assortment

Butterfly closures

Antiseptic wipes or alcohol swabs (PDI benzalkonium chloride antiseptic towelette)

Antibiotic ointment (ie. Neosporin)

Diarrhea pills Imodium 6 tablets

Body Glide (0.45 oz)

Money \$5.00, \$1.00 bills