



## 2020 Cub Scout Backyard Challenge



Basic First Aid

Category: Scout Skills

Difficulty: Easy

### Description:

First, pick out your container. There are so many options that you can use for your mini first aid kit. You can make them out of everything from duct tape to ziploc bags to film canisters.



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Ingredients for a Basic First Aid Kit  
From the Scouts BSA Handbook: Personal First-Aid Kit pg. 289

- 6 latex-free adhesive bandages in assorted sizes
- 2 sterile, 3x3" gauze pads
- A small roll of latex-free adhesive tape (some people are allergic to latex!)
- A 3x6" piece of moleskin
- A small bar of soap or small bottle of alcohol-based hand sanitizing gel
- A small tube of triple antibiotic ointment (be sure to ask permission before applying, as some people are allergic)
- A small tube of hydrocortisone cream (again, ask permission before applying due to allergies!)
- Scissors
- Tweezers
- Disposable latex-free gloves
- CPR breathing barrier
- Pencil and paper/small notebook

The following video will explain how to use your first aid kit in many different basic situations.

[Click here for a Basic First Aid Video](#)

Thank you to the following sites for source materials:

<https://cubscoutideas.com/12203/cub-scout-first-aid-kits/>

<https://www.youtube.com/channel/UCA06HsgkNj9okzlmVFdoLFg>

<http://meritbadge.org/wiki/images/a/ab/Personal-First-Aid-Kit.pdf>

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