

# Troop 109

## First Aid/Survival List

### 10 Essentials

1	Map
2	Compass
3	Sun Protection
4	Flashlight
5	First-Aid Kit
6	Matches and Fire-starters
7	Pocketknife
8	Trail Food
9	Water Bottle
10	Rain Gear

### Other Gear

Alcohol swabs
Anticeptic ointment
Bulb irrigating syringe
Candle
Coins \$0.35
Comb
Cotton swabs
Hand sanitizer
Rubber Bands (various)
Safety Pins (various)
Safety Scissors
Sewing Kit
Tweezers
Water Purifier
Zip Loc Bag

### Bandages

Adhesive bandage, assorted sizes
Adhesive tape
Band Aids
Butterfly bandage
Elastic roll bandage
Gauze pad
Moleskin and molefoam for blisters/irritation
New Skin for cuts/abrasions

### Drugs

Antihistamine (Benadryl) for allergic reactions/insomnia
Anti-inflammatory (Ibuprofen) for inflammation/pain
Water treatment tablets

### Survival

Compass
Emergency Blanket
Hot Spark
Matches (waterproof)
Pocketknife
Signaling Mirror
Whistle