BOY SCOUTS OF AMERICA

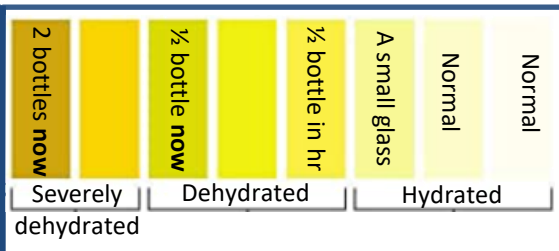
Personal first aid kit

Troop 48

Required:		Bonus items:	
Band aids	6	Stop-bleeding pad	1
3” gauze pads	2	Rescue blanket	1
Adhesive tape	1	Triangle bandage	1
3” x 6” moleskin	1	Whistle	1
Soap/sanitizer	1	Tweezers	1
Antibiotic cream	1	Alcohol prep pads	4
Scissors	1	Antiseptic wipes	2
Non-latex gloves	1 pr	Sting relief wipes	4
CPR barrier	1	XL band aids	3
Pencil and paper	1	Self-stick wrap	1

BOY SCOUTS OF AMERICA

Pee chart - volume to drink!



Drink water to rehydrate.
Double quantity if you are outside in heat &/or sweating
If it is darker and/or red or brown, consult a doctor

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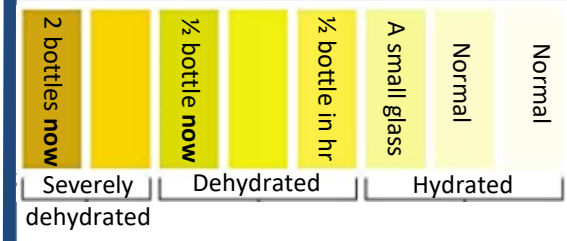

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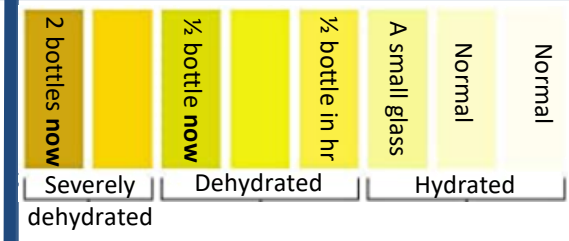

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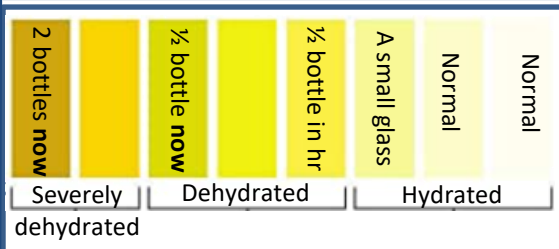

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