



Dear participants,

I would like to thank you for participating in the 2006 Tomahawk District First Aid Meet. Below is a list of supplies (bare minimum) that should be in your first aid kit that you are going to use to compete with. Also just so that everyone is using the same knowledge base all information will be taken from the most current version of the First Aid Merit Badge Pamphlet. To tell that your version is the most current look on the back of the book and above the bar code it should read "#33301B" (the "B" is the most important part because that is the version letter). I look forward to seeing everyone there and should you have any further questions please do not hesitate to contact me.

Yours in Scouting,

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**First Aid Kit Equipment:**

- |   |  |
|---|--|
| Bar of soap                             | Lip salve                                      |
| Safety pins                             | Poison-ivy lotion                              |
| 2-inch roller bandages                  | Small flashlight (w/ extra batteries and bulb) |
| Needles                                 | Absorbent cotton                               |
| 1-inch roller bandages                  |  |
| Paper cups                              |  |
| 1-inch adhesives                        |  |
| Foot powder                             |  |
| 3-by-3-inch sterile pads                |  |
| Instant ice packs                       |  |
| Triangular bandages                     |  |
| Latex or vinyl gloves                   |  |
| Assorted gauze pads                     |  |
| Plastic goggles or other eye protection |  |
| Adhesive strips                         |  |
| Antiseptic                              |  |
| Clinical oral thermometer               |  |
| Mouth barrier                           |  |
| Scissors                                |  |
| Poles (to make a stretch)               |  |
| Tweezers                                |  |
| Blanket                                 |  |
| Sunburn lotion                          |  |
| Small boards (for splints)              |  |