

Health & Safety

Eagle Required

Common at Merit Badge Colleges

First Aid Merit Badge

Core first aid skills — wound care, CPR awareness, and emergency response basics every scout should know.

Typical time to complete: **4–6 weeks**

GOOD FIT IF YOU LIKE

Helping Others

Outdoors & Nature

Tips for Earning This Badge

- 1 Read the pamphlet cover to cover before your first counselor meeting — most requirements are covered in detail there.
- 2 Practice scenarios on family members at home: wound care, splinting, and shock treatment all benefit from repetition.
- 3 A community center First Aid/CPR class counts toward several requirements and gives you hands-on practice with an instructor.
- 4 Bring a basic first aid kit to your counselor meeting — assembling one is a requirement and showing it demonstrates preparation.
- 5 Counselors usually want to see you demonstrate, not just describe — practice bandaging and splinting with your hands, not just talking through the steps.
- 6 A common stumble: knowing the individual skills but freezing on what to do first in a scenario. Drill the initial assessment sequence until it is automatic.

Available at Merit Badge Colleges

This badge is commonly offered at merit badge college events hosted by councils and universities. A great way to knock it out in a weekend with an experienced counselor. [Learn how to find one near you.](#)

Official Requirements

We keep this page focused on tips and what to expect, not a copy of the requirement text — requirements get revised periodically, and scouts are generally held to whichever version was current when they started the badge (the same reason Scoutbook lets you filter by pamphlet version). For the exact, current wording, check your Scoutbook record for this badge or the official page below.

[First Aid on scouting.org](#) 📄

Finding a Counselor

Ask your Scoutmaster for the council's merit badge counselor list. For popular badges, a parent in your troop may already be registered as a counselor. If your troop doesn't have one, your council's advancement chair can help connect you.