

Personal First Aid Kit Contents

- 6 adhesive bandages (Band-aids)
- 2 sterile gauze pads, 3-by-3-inch
- 1 small roll of adhesive tape
- 1 Moleskin, 3-by-6-inch
- 1 small bar of soap
- 1 small tube of antiseptic
- 1 pair of scissors
- 1 pair of latex gloves
- 1 mouth-barrier device for rescue breathing or CPR
- 1 pair plastic goggles or other eye protection
- 1 pencil with paper