

**PERSONAL FIRST AID KIT**

Adhesive bandages	6	
Sterile gauze pads, 3-by-3-inch	2	
Adhesive tape	1 small roll	
Moleskin, 3-by-6-inch	1	
Soap	1 small bar	
Antiseptic	1 small tube	
Scissors	1 pair	
Latex gloves	1 pair	
Mouth-barrier device for rescue breathing or CPR	1	
Plastic goggles or other eye protection	1	
Pencil and paper	1 each	