

# FIRST AID KIT

## RECOMMENDED CHECKLIST

The American Red Cross recommends including these items in all first aid kits. However, this is not an exhaustive list, so be sure to customize your kit to meet your personal needs.

- 2 - absorbent compress dressings (5 x 9 inches)
- 25 - adhesive bandages (assorted sizes)
- 1 - adhesive cloth tape (10 yards x 1 inch)
- 5 - antibiotic ointment packets (approximately 1 gram)
- 5 - antiseptic wipe packets
- 2 - packets of aspirin (80 mg each)
- 1 - emergency blanket
- 1 - breathing barrier (with one-way valve)
- 1 - instant cold compress
- 2 - pair of nonlatex gloves (size: large)
- 2 - hydrocortisone ointment packets (approximately 1 gram each)
- 1 - 3 in. gauze roll (roller) bandage
- 1 - roller bandage (4 inches wide)
- 5 - 3 in. x 3 in. sterile gauze pads
- 5 - sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/non-glass)
- 2 - triangular bandages
- Tweezers
- Emergency First Aid instructions

