



FIRST AID KIT CONTENTS suggested

The Red Cross recommends that all first aid kits for a family of four include the following:

- 2 absorbent compress dressings (5 x 9 inches) ([Similar item available in the Red Cross Store](#))
- 25 adhesive bandages (assorted sizes), also found within our Family First Aid Kit ([Similar item available in the Red Cross Store](#))
- 1 adhesive cloth tape (10 yards x 1 inch) ([Similar item available in the Red Cross Store](#))
- 5 antibiotic ointment packets (approximately 1 gram) ([Similar item available in the Red Cross Store](#))
- 5 antiseptic wipe packets ([Similar item available in the Red Cross Store](#))
- 2 packets of aspirin (81 mg each) ([Similar item available in the Red Cross Store](#))
- 1 emergency blanket
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress, also found within our First Aid Kit
- 2 pair of nonlatex gloves (size: large)
- 2 hydrocortisone ointment packets (approximately 1 gram each) ([Similar item found within the Be Red Cross Ready First Aid Kit](#))
- 1 3 in. gauze roll (roller) bandage
- 1 roller bandage (4 inches wide) ([Similar item available in the Red Cross Store](#))
- 5 3 in. x 3 in. sterile gauze pads ([Similar item available in the Red Cross Store](#))
- 5 sterile gauze pads (4 x 4 inches) ([Similar item available in the Red Cross Store](#))
- Oral thermometer (non-mercury/non glass), also within the Deluxe All Purpose First Aid Kit
- 2 triangular bandages ([Similar item available in the Red Cross Store](#))
- Tweezers
- Emergency First Aid guide