



**American  
Red Cross**

## American Red Cross Recommended First Aid Kit Supply Checklist

_____	2 absorbent compress dressings (5 x 9 inches)
_____	25 adhesive bandages (assorted sizes), also found within our Family First Aid Kit
_____	1 adhesive cloth tape (10 yards x 1 inch)
_____	5 antibiotic ointment packets (approximately 1 gram)
_____	5 antiseptic wipe packets
_____	2 packets of aspirin (81 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/nonglass)
_____	2 triangular bandages
_____	Tweezers
_____	Emergency First Aid instruction

### Additional Tips

- Include any personal items such as medications and emergency phone numbers or other items your health-care provider may suggest.
- Check the kit regularly.
- Check expiration dates and replace any used or out-of-date contents.
- Keep a first aid kit in your home and in your car.