

First Aid Check List

Emergencies can happen in an instant. Be prepared for emergencies, have a well-stocked first aid kit in your home, workplace, and vehicle. Knowing where to find a first aid kit can save lives.

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)
- 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 (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)
- 1 Oral thermometer (non-mercury/nonglass)
- 2 Triangular bandages
- Tweezers
- Emergency First Aid guide

To maintain your own personal first aid kits:

- 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- Check expiration dates and replace any used or out-of-date contents.

This content is provided by the American Red Cross.



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