

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

<http://www.redcross.org/get-help/how-to-prepare-for-emergencies/anatomy-of-a-first-aid-kit>

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 blanket (space blanket) [Available on the Red Cross Store]

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)

Scissors

1 roller bandage (3 inches wide)

1 roller bandage (4 inches wide)

5 sterile gauze pads (3 x 3 inches) [Available on the Red Cross Store]

5 sterile gauze pads (4 x 4 inches)

Oral thermometer (non-mercury/nonglass)

2 triangular bandages

Tweezers

First aid instruction booklet [Available on the Red Cross Store]