

## **What Every First Aid Kit Should Have**

**The American Red Cross recommends that every family have a First Aid kit with the following:**

**Two absorbent compress dressings**  
(5 x 9 inches)

**25 adhesive bandages, assorted sizes**

**One adhesive cloth tape**  
(10 yds x 1 inch)

**Five tripe antibiotic ointment packets**  
(approx. 1 gram each)

**Five antiseptic wipe packets**

**Two packets of aspirin**  
(81 milligrams each)

**One blanket**

**One instant cold press**

**Two pair of non-latex gloves**  
(large)

**Two hydrocortisone ointment packets**  
(approx. 1 gram each)

**Scissors**

**One roller bandage**  
(3 inches wide)

**One roller bandage**  
(4 inches wide)

**Five sterile gauze pads**  
(3 x 3 inches)

**Five sterile gauze pads**  
(4 x 4 inches)

**Oral thermometer**  
(non-mercury, non-glass)

**Two triangular bandages**

**Tweezers**

**First Aid instruction booklet**