

# FIRST AID CHECKLIST

Use this list to create your  
own first aid kit for a family of 4!

- ☐ 25 adhesive bandages
- ☐ 1 adhesive cloth tape
- ☐ 5 antibiotic ointment packets (1 g)
- ☐ 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 (large)
- ☐ 2 hydrocortisone ointment packets (approximately 1 g each)
- ☐ 1, 3 in. gauze roll (roller) bandage
- ☐ 5, 3 in. x 3 in. sterile gauze pads
- ☐ Oral thermometer (non-mercury/nonglass)
- ☐ 2 triangular bandages
- ☐ Tweezers
- ☐ Emergency First Aid Guide

SOURCE: AMERICAN RED CROSS

