Recommended First Aid Kit Contents

2 absorbent compress dressings (5 x 9 inches) (Similar item available in the Red
Cross Store)
25 adhesive bandages (assorted sizes), also found within our Family First Aid Kit
(Similar item available in the Red Cross Store)
1 adhesive cloth tape (10 yards x 1 inch) (Similar item available in the Red Cross
Store)
5 antibiotic ointment packets (approximately 1 gram) (Similar item available in
the Red Cross Store)
5 antiseptic wipe packets (Similar item available in the Red Cross Store)
2 packets of aspirin (81 mg each) (Similar item available in the Red Cross Store)
1 emergency blanket
1 breathing barrier (with one-way valve)
1 instant cold compress, also found within our First Aid Kit
2 pair of non-latex gloves (size: large)
2 hydrocortisone ointment packets (approximately 1 gram each) (Similar item
found within the Be Red Cross Ready First Aid Kit)
1 3 in. gauze roll (roller) bandage
1 roller bandage (4 inches wide) (Similar item available in the Red Cross Store)
5 3 in. x 3 in. sterile gauze pads (Similar item available in the Red Cross Store)
5 sterile gauze pads (4 x 4 inches) (Similar item available in the Red Cross Store)
Oral thermometer (non-mercury/non-glass), also within the Deluxe All Purpose
First Aid Kit
2 triangular bandages (Similar item available in the Red Cross Store)
Tweezers
Emergency First Aid guide

