



Family First Aid Kit Checklist

Item	Quantity	Suggested Use
• Absorbent Compress 5" x 9" dressing	2	Protect open wounds
• Adhesive Bandages (assorted sizes)	25	Protect open wounds
• Adhesive Tape (cloth) 1"	10 yards	Secure bandages or splints
• Alcohol-based Hand Sanitizer	4 packets	Hand hygiene
• Antiseptic Wipe Packets	5	Wound cleaning/germ killer
• Aspirin (chewable) 81 mg	2	Heart attack symptoms**
• Blanket (space blanket)	1	Maintain body temperature
• CPR Breathing Barrier (w/one-way valve)	1	Protection during rescue breathing
• Instant Cold Compress	1	Control swelling
• Gloves (large), disposable, non-latex	2 pair	Prevent body fluid contact
• Hydrocortisone Ointment Packets (approximately 1 g. each)	2	External rash treatment
• Scissors	1	Cut tape, cloth or bandages
• Roller Bandage 3" (individually wrapped)	1	Secure wound dressing
• Roller bandage 4" individually wrapped)	1	Secure wound dressing
• Sterile Gauze Pad 3" x 3"	5	Control external bleeding
• Sterile Gauze Pad 4" x 4"	5	Control external bleeding
• Thermometer, Oral (non-mercury/non-glass)	1	Take temperatures orally
• Triangular Bandage	2	Sling or binder/splinting
• Triple Antibiotic Ointment packets (approximately 1 g. each)	5	Anti-infection
• Tweezers	1	Remove splinters or ticks
• First Aid Instruction Booklet	1	Reference guide

***Aspirin may be given if medically appropriate, but you must not delay calling 9-1-1*