



**American
Red Cross**

ANATOMY OF A FIRST AID KIT

A well-stocked first aid kit is a handy thing to have. To be prepared for emergencies:

- Keep a first aid kit in your home and in your car.
- Carry a first aid kit with you or know where you can find one.
- Find out the location of first aid kits where you work.
- First aid kits come in many shapes and sizes. You can purchase one from the Red Cross Store online. Your local drug store may sell them. You can also make your own. Some kits are designed for specific activities, such as hiking, camping or boating.



Whether you buy a first aid kit or put one together, make sure it has all the items you may need:

Include any personal items such as medications and emergency phone numbers or other items your health-care provider may suggest. Check the kit regularly. Make sure the flashlight batteries work. Check expiration dates and replace any used or out-of-date contents.

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

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| - 2 absorbent compress dressings (5 x 9 inches) | - 2 hydrocortisone ointment packets (approximately 1 gram each) |
| - 25 adhesive bandages (assorted sizes) | - Scissors |
| - 1 adhesive cloth tape (10 yards x 1 inch) | - 1 roller bandage (3 inches wide) |
| - 5 antibiotic ointment packets (approximately 1 gram) | - 1 roller bandage (4 inches wide) |
| - 5 antiseptic wipe packets | - 5 sterile gauze pads (3 x 3 inches) |
| - 2 packets of aspirin (81 mg each) | - 5 sterile gauze pads (4 x 4 inches) |
| - 1 blanket (space blanket) | - Oral thermometer (non-mercury/nonglass) |
| - 1 breathing barrier (with one-way valve) | - 2 triangular bandages |
| - 1 instant cold compress | - Tweezers |
| - 2 pair of nonlatex gloves (size: large) | - First aid instruction booklet |

Visit redcrossstore.org to purchase a kit!