



FIRST AID CHECKLIST

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

Item	Quantity	Date: _____ Qty On Hand	Date: _____ Qty On Hand	Date: _____ Qty On Hand	Date: _____ Qty On Hand	Date: _____ Qty On Hand
Absorbent Compress Dressings (5 x 9 inches)	2					
Adhesive Bandages (assorted sizes)	25					
Adhesive Cloth Tape (10 yards x 1 inch)	1					
Antibiotic Ointment Packets (approximately 1 gram)	5					
Antiseptic Wipe Packets	5					
Aspirin Packets	2					
Emergency Blanket	1					
Breathing Barrier (with one-way valve)	1					
Instant Cold Compress	1					
Nonlatex Gloves	2					
Hydrocortisone Ointment Packets	2					
3 in. Gauze Roll (Roller) Bandage	1					
4 in. Roller Bandage	1					
3 in. x 3 in. Sterile Gauze Pads	5					
4 in. x 4 in. Sterile Gauze Pads	1					
Oral Thermometer (Non-Mercury/Nonglass)	1					
Triangular Bandages	2					
Tweezers	1					

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