

### **Family first aid kit (suggested minimum contents)**

- Chewable aspirin tablets,
- 5 Triple antibiotic ointment packs, 0.5g each
- 6 Antiseptic cleansing wipes (sting free)
- 2 Hydrocortisone cream packs, 1%, 0.9g each
- 2 Hand sanitizer packs, 0.9g each
- 2 Trauma pads, 5" x 9"
- 6 Gauze dressing pads, 4" x 4"
- 6 Gauze Dressing Pads, 3" x 3"
- 1 Conforming gauze roll bandage, 4"
- 1 Conforming gauze roll bandage, 3"
- 1 First aid tape roll, 1" x 10 yd.
- 1 Instant cold compress
- 1 CPR one-way valve face shield, latex-free
- 1 Emergency blanket
- 2 Triangular sling/bandages (safety pins included)
- 25 Adhesive plastic bandages, 3/4" x 3"
- 15 Adhesive plastic bandages, 1" x 3"
- 3 Elbow and knee plastic bandages, 2" x 4"
- 10 Junior adhesive plastic bandages, 3/8" x 1-1/2"
- 5 Patch plastic bandages, 1-1/2" x 1-1/2"
- 3 Knuckle fabric bandages
- 3 Fingertip fabric bandages
- 4 Thermometers (one time use)
- Plastic tweezers, 1 pair
- Scissors, 1 pair
- 4 Latex-free exam-quality vinyl gloves, 2 pairs
- 1 American Red Cross Emergency First Aid Guide
- Strong bag to carry all the above
- Last but not least, don't forget to include any personal medications in your family first aid kit planning.

This list was compiled from the [American Red Cross website](#) and is based on their [Deluxe Family First Aid Kit](#)