**FIRST AID KIT – Recommended by Red Cross**

The information below is from the Red Cross website. These are just suggested items.

**The Red Cross recommends that all first aid kits include the following:**

 2 absorbent compress dressings (5 x 9 inches)

 25 adhesive bandages (assorted sizes)

 1 adhesive cloth tape (10 yards x 1 inch)

 5 antibiotic ointment packets (approximately 1 gram)

 5 antiseptic wipe packets

 2 packets of aspirin (81 mg each)

 1 blanket (space blanket) [[Available on the Red Cross Store](https://www.redcross.org/store/emergency-bivvy/0140-1138.html)]

 1 breathing barrier (with one-way valve)

 1 instant cold compress

 2 pair of non-latex gloves (size: large)

 2 hydrocortisone ointment packets (approximately 1 gram each)

 Scissors

 1 roller bandage (3 inches wide)

 1 roller bandage (4 inches wide)

 5 sterile gauze pads (3 x 3 inches) [[Available on the Red Cross Store](https://www.redcross.org/store/3-x-3-gauze-pads/FAE-5005.html)]

 5 sterile gauze pads (4 x 4 inches)

 Oral thermometer (non-mercury/nonglass)

 2 triangular bandages

 Tweezers

 First aid instruction booklet [[Available on the Red Cross Store](https://www.redcross.org/store/american-red-cross-emergency-first-aid-guide/758272.html)]