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First Aid Kit

(Adapted from www.redcross.org)

- ☐ 2 absorbent compress dressings (5 by 9 inches)
- ☐ 1 Ace bandage
- ☐ Activated charcoal (use only if instructed by poison-control center)
- ☐ 25 adhesive bandages (assorted sizes)
- ☐ 1 adhesive cloth tape (10 yards by 1 inch)
- ☐ 5 antibiotic ointment packets (approximately 1 gram)
- ☐ 5 antiseptic wipe packets
- ☐ 1 blanket
- ☐ 1 breathing barrier (with one-way valve), used to safely administer CPR
- ☐ Cotton balls or cotton pads
- ☐ Disposable gloves
- ☐ First-aid instruction booklet
- ☐ Hand sanitizer
- ☐ 2 hydrocortisone ointment packets (approximately 1 gram each)
- ☐ 1 instant cold compress
- ☐ Oral thermometer (non-mercury/non glass)
- ☐ 2 packets of aspirin (81 milligrams each)
- ☐ 2 pairs of large nonlatex gloves
- ☐ 1 roller bandage (3 inches wide)
- ☐ 1 roller bandage (4 inches wide)
- ☐ Scissors

- ☐ 5 sterile gauze pads (3 by 3 inches)
- ☐ 5 sterile gauze pads (4 by 4 inches)
- ☐ 2 triangular bandages
- ☐ Tissues
- ☐ Tweezers