



HOME FIRST AID KIT

Practical checklist for a household of four

Keep one kit at home and consider a second in your vehicle. Store it where adults can reach it quickly, but where young children cannot.

WOUND & BURN CARE

- ☐ **2** absorbent compress dressings, 5 x 9 in
- ☐ **25** adhesive bandages, assorted sizes
- ☐ **1** adhesive cloth tape, 10 yd x 1 in
- ☐ **5** antibiotic ointment packets
- ☐ **5** antiseptic wipe packets
- ☐ **5** sterile gauze pads, 3 x 3 in
- ☐ **5** sterile gauze pads, 4 x 4 in
- ☐ **1** roller bandage, 3 in
- ☐ **1** roller bandage, 4 in
- ☐ **2** triangular bandages

PROTECTION & TOOLS

- ☐ **2 pairs** non-latex medical gloves, large
- ☐ **1** CPR breathing barrier with one-way valve
- ☐ **1** instant cold compress
- ☐ **1** oral thermometer, non-mercury/non-glass
- ☐ **1** tweezers
- ☐ **1** emergency first aid guide
- ☐ **1** emergency blanket

MEDICATION & SKIN CARE

- ☐ **2 packets** aspirin, 81 mg each
- ☐ **2** hydrocortisone ointment packets

PERSONALIZE YOUR KIT

Add prescription medicines or other supplies recommended by your healthcare provider, plus emergency phone numbers and allergy/medical information when appropriate.

MAINTENANCE CHECK

- ☐ Check the kit regularly and after every use.
- ☐ Replace used, damaged, or expired supplies.
- ☐ Keep contents dry, organized, and easy to identify.
- ☐ Make sure household members know where the kit is kept.

GOOD TO KNOW

This checklist is based on American Red Cross guidance for a family of four. A first aid kit supports initial care; it does not replace calling 911 or seeking medical care when needed.