



The first aid kit, in buying order.

The Red Cross household list, sorted so the most-used and cheapest things come first.

1 Adhesive bandages



- 25 in assorted sizes, per the Red Cross list
- The item every household uses first
- Add a few kid-size ones if you have kids

2 Nonlatex gloves



- Two pairs, size large
- Keeps someone else's blood off your hands
- Nonlatex so allergies are not a problem

3 Gauze pads and dressings



- Five 3x3 inch and five 4x4 inch sterile pads
- Two 5x9 inch absorbent compress dressings
- The big ones are for wounds that really bleed

4 Tape and roller bandages



- One roll of cloth tape, 1 inch by 10 yards
- A 3-inch gauze roll and a 4-inch roller bandage
- Holds a dressing in place while you get help

5 Wipes and ointment



- Five antiseptic wipe packets
- Five antibiotic ointment packets
- Single-use packets stay clean in the box

6 Tweezers and scissors



- Tweezers for splinters and glass
- Small scissors for tape and gauze
- Kit-only, so they are there when needed

7 Cold pack and thermometer



- One instant cold compress, no freezer needed
- An oral thermometer, non-mercury, non-glass
- Both earn their place on sick days

8 Hydrocortisone and aspirin



- Two hydrocortisone ointment packets
- Two 81 mg aspirin packets, as the list says
- Ask your doctor before anyone takes aspirin

9 Blanket and triangle bandages



- One emergency blanket, folded flat
- Two triangular bandages for slings
- Light, cheap and easy to forget

10 Breathing barrier and a guide



- A barrier with a one-way valve
- Printed first aid instructions in the lid
- CDC adds a tourniquet, with training to use it

11 Your own medications



- Personal medicines your household relies on
- Emergency phone numbers on a card inside
- Anything your health-care provider suggests

12 Check the dates



- Replace anything used or past its date
- A phone reminder every six months
- Write your address on the outside for 911

Bandages and gloves today. One tile a week. Check the dates every six months.

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