



The Red Cross recommends that all first aid kits for a family of 4 include:

- 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 (approx. 1 gram)**
- 5 antiseptic wipe packets**
- 2 packets of aspirin (81 mg each)**
- 1 space blanket**
- 1 breathing barrier (with one-way valve)**
- 1 instant cold compress**
- 2 pair of nonlatex gloves (size large)**
- 2 hydrocortisone ointment packets (approx. 1 gram each)**
- Scissors**
- 1 roller bandage (3 inches wide)**
- 1 roller bandage (4 inches wide)**
- 5 sterile gauze pads (3 x 3 inches)**
- 5 sterile gauze pads (4 x 4)**
- Oral thermometer (non-mercury/non-glass)**
- 2 triangular bandages**
- Tweezers**
- First-aid instruction booklet**
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