WHAT SHOULD BE IN A HOME FIRST AID KIT?

The American Red Cross lists the contents for a family of four: adhesive bandages, sterile gauze pads, a gauze roll and a roller bandage, cloth tape, antiseptic wipes, antibiotic and hydrocortisone ointment packets, nonlatex gloves, a breathing barrier, an instant cold compress, an emergency blanket, a thermometer, triangular bandages, tweezers and first aid instructions. Add your own medications and emergency phone numbers, keep one kit at home and one in the car, and check the dates regularly.

THE STEPS

01 Keep a kit at home and one in the car (Red Cross).

02 Dressings: 2 absorbent compress dressings, 25 adhesive bandages, 5 gauze pads 3 x 3, 5 gauze pads 4 x 4, 1 gauze roll, 1 roller bandage, 2 triangular bandages, 1 cloth tape.

03 Also: 5 antibiotic ointment packets, 5 antiseptic wipes, 2 hydrocortisone packets, 2 packets of aspirin, 2 pair of nonlatex gloves, 1 breathing barrier, 1 cold compress, 1 emergency blanket, a thermometer, tweezers, instructions.

04 Add personal medications and emergency phone numbers.

05 Check the kit regularly and replace anything used or out of date.

THE CHECKLIST

- ☐ A kit at home and a kit in each car
- ☐ Bandages, gauze, tape and wraps
- ☐ Gloves and a breathing barrier
- ☐ A thermometer and tweezers
- ☐ Your own medications and emergency phone numbers
- ☐ A date on the calendar to check it

How we write it into your plan. Our note: a first aid class and a printed manual are worth more than any item on the list. The Red Cross teaches both. In every plan we write, we note where each kit is kept and who checks it.

Sources: American Red Cross, Make a First Aid Kit; Ready.gov, Build a Kit. Last reviewed November 18, 2026. General preparedness information, not medical advice. In an emergency, call 911.