

A Checklist of First Aid Kit Supplies

- Sterile adhesive bandages in assorted sizes
- Safety pins
- Cleansing agent/soap
- Latex gloves (2 pairs)
- Sunscreen
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Triangular bandages (3)
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue depressors (2)
- Tube of petroleum jelly or other lubricant
- First Aid manual
- Nonprescription drugs: aspirin or other pain reliever, anti-diarrhea medication, antacid, and laxative

To learn how to administer basic first aid, consider taking a First Aid course. For more information, contact your local Red Cross office.

Source: <http://www.redcross.ca>