

### Recommended Contents of First Aid Kit

Item	Quantity and Size	Use
Adhesive bandages	6, 1-inch	minor wounds
Butterfly bandages	3, various sizes	minor lacerations
Sterile gauze pads	4, 4" x 4"	larger wounds
Carlisle dressing or sanitary napkin	1, 4"	severe bleeding
Nonadherent dressings	2, 4" x 4"	abrasions, burns
Self-adherent roller bandage	2 rolls, 2" x 5 yards	holding dressings on
Cloth-based adhesive tape	2"-wide roll	multiple use
Triangular bandage	2, 36" x 36" x 52"	sling, cravat
Moleskin/molefoam	4" to 6" square	blisters
Tincture of Benzoin	1/2-ounce	adhesive, protects skin
Povidone iodine swabs	2 packages	antiseptic
Alcohol or soap pads	3 packages	cleanse skin
Thermometer	90°F to 105°F (30°C to 41°C)	estimate body temperature
Sugar packets	4 packages	diabetes
Aspirin	6 tablets	headache, pain
Acetaminophen	6 tablets	headache, pain: use for children or individuals allergic to aspirin
Diphenhydramine	6 tablets	allergic reactions
Ibuprophen	12 tablets	high altitude or frost bite
Elastic bandage	1	sprains, RICE
Latex gloves	2 pair	barrier against infection
Plastic bag	1, 12" x 18"	hold contaminated materials

Miscellaneous useful items include: antacids, safety pins, tweezers or needle for splinters, scissors, and several coins for a phone call. Prescription drugs for your personal use should be clearly labeled with their names, expiration dates, and directions for administration.