

First Aid Kit Supplies

Assemble a first aid kit for your home and one for each car, to include:

- 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)
- Non-prescription drugs (see below)
- 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
- CPR Mask