

American Red Cross “Anatomy of a First Aid Kit”

RED CROSS BASIC KIT RECOMMENDATIONS

Elastic bandage (2 inch compression wrap with hook)
Roller bandage (3” wide)
Roller bandage (4” wide)
Sterile gauze pads (3 x 3 in)
Sterile gauze pads (4 x 4 in)
Oral thermometer (non-glass)
Sterile non-adherent pads
Triangular bandages
Alcohol wipe packets
Antiseptic towelette wipes
Aspirin (low dose, 81 mg each)
Acetaminophen
Tweezers
Scissors

Absorbent compress dressings (5x9 in)
Adhesive bandages (assorted sizes)
Adhesive cloth tape (10 yards x 1 inch)
Antibiotic ointment packets (*Bacitracin Ointment Foilpac*)
Emergency blanket (Mylar bag or waterproof bivvy bag)
Breathing barrier (CPR shield)
Instant cold compress
Non-latex gloves (size: large)
Hydrocortisone ointment packets
Emergency water pouches
Nylon parachute cord (550 cord) & Tarp

AUGMENT YOUR BASIC FIRST AID KIT FOR BOATING

AAA flashlight
Headlamp
PLB - Personal Locator Beacon
Air Horn
Glow Stick
SAM Splint
Notepad & Safety Pins
Pencil & marking pen
Masking Tape
Quick-ice cold pack
Sanitary Pads (thick, adsorbent)
Sterile Water for eyewash
Waterproof matches & fire starter
Steri-Strip Skin Closures (Butterfly Bandage)
Coban Self-Adherent Wrap or Vet Wrap (colored tape)
3M Micropore Paper Bandage Tape
Moleskin pre-cut pads for blisters
Sun screen
Insect repellent
Tongue depressor

Finger splints
Extra Large Band Aids
Extra aspirin (regular adult 325 mg – not for children)
Analgesic (Ibuprofen)
Anti-diarrheal (Kaopectate / Imodium)
Antacid (Tums)
Gatorade (or Pedialyte Electrolyte Powder)
Quik Stop (clotting powder)
Extra tube of antibiotic ointment
‘Pepto-Bismol’ (bismuth subsalicylate - not for children)
‘Benadryl’ meltaway tablets
‘Technu’ for Poison Ivy Wash
‘Monkey Butt’ – anti-friction powder
Irrigation syringe with a 16-gauge plastic tip for wounds
Liquid bandage (‘New Skin’)
Waterproof bandages (or Transparent Film)
Duct Tape (also for AED hair removal)
Extra Bandanas or Cotton cloths (36” square)
Extra blanket or sleeping bag
Prescription medications (as needed)