

# REVISIT YOUR FIRST AID KIT

First aid kits are a crucial addition to 72 hour kits, but often get used at times other than disasters. They can be used while hiking, camping, boating, and even day to day for cuts and scrapes at home. As items in first aid kits are used, it is important to replace them. It is also important to periodically check for and replace damaged or expired items. To personalize a first aid kit, consider adding items to meet the needs of the household. These items may include medications, emergency phone numbers or other items that have been recommended by your health-care provider.



The American Red Cross offers local and virtual trainings periodically, including, first aid trainings, CPR trainings, and AED trainings. Learning how to properly use a first aid kit is equally as important as having one. The skills you learn may help preserve a life until first responders arrive. Receiving periodic first aid training is a good idea for everyone, regardless of experience. Even seasoned professionals consistently participate in trainings to improve their skills. To learn more about first aid trainings offered by the American Red Cross, visit this link:

<https://www.redcross.org/local/idaho/take-a-class>

#### References

American Red Cross (n.d.). Make a First Aid Kit. Retrieved from: [Link to Site](#)

American Red Cross (2024). Red Cross Training in Idaho. Retrieved from: [Link to Site](#)

### The American Red Cross recommends the following first aid kit supplies: (appropriate for four people)

- (2) Absorbent compress dressings (5 x 9 in)
- (25) Adhesive bandages (assorted sizes)
- (1) Adhesive cloth tape (10 yrd x 1 in)
- (5) Antibiotic ointment packets
- (5) Antiseptic wipe packets
- (2) Packets of aspirin (81 mg each)
- (1) Emergency blanket
- (1) Breathing barrier (with one-way valve)
- (1) Instant cold compress
- (2) Pairs of nonlatex gloves
- (2) Hydrocortisone ointment packets
- (1) Gauze roll (roller) bandage (3 in)
- (1) Roller bandage (4 in wide)
- (5) Sterile gauze pads (3 x 3 in)
- (5) Sterile gauze pads (4 x 4 in)
- (1) Oral thermometer (non-mercury/nonglass)
- (2) Triangular bandages
- (1) Tweezers
- Emergency first aid instructions

[\(American Red Cross, n.d.\)](#)