

Minimum required supplies in First-Aid Kits

First Aid Supply	Minimum Quantity	Minimum Size
Adhesive bandage	16	1 x 3 in.
Adhesive tape	1	2.5 yd total
Antibiotic application	10	1/57 oz. or 0.5 g
Antiseptic	10	1/57 oz. or 0.5 g
Breathing barrier	1	
Burn dressing (gel soaked)	1	4 x 4 in.
Burn treatment	10	1/32 oz. or 0.9 g
Cold pack	1	4 x 5 in.
Eye covering, with means of attachment	2	2.9 sq. in.
Eye/skin wash	1 fl. oz total	
First aid guide	1	
Hand sanitizer	6	1/32 oz or 0.9 g
Medical exam gloves	2 pair	
Roller bandage	1	2 in. x 4 yd
Scissors	1	
Splint	0	4 x 24 in.
Sterile pad	2	3 x 3 in.
Tourniquet	0	1 in. wide
Trauma pad	2	5 x 9 in.
Triangular bandage	1	40 x 40 x 56 in.

Additional supplies for consideration

First Aid Supply	Purpose
Low dose aspirin	Used to treat suspected heart attack
Hemostatic agent	For individuals with compromised clotting or uncontrollable bleeding
Electrolyte replacement	Heat-stress related injuries
Glucose replacement	Diabetic or hypoglycemic episodes
Analgesics (oral and/or topical)/anti-inflammatory	Pain management, swelling control
Hydrocortisone	Itchiness and skin-related reactions including rashes
Antihistamine	Allergic reactions
Foil blanket	Treat shock and/or cold-related injuries