Your first-aid kit should include the following:

- First-aid handbook or chart
- Vinyl or non-latex gloves
- Breathing mask
- Cold packs
- Assorted adhesive bandages
- Gauze dressing pads (2-inch and 4-inch sizes)
- Adhesive tape
- Small scissors
- Sanitary thermometer or temperature-taking device
- Soap towelettes or soap and water
- Chlorine bleach or other supplies to ensure safe clean-up of blood or body fluids
- Plastic bag to collect soiled gloves and used supplies
- Any other supplies needed to conform to written health policies

Optional: Knuckle fabric bandages, tweezers, elastic bandage, triangular sling bandages, roller gauze bandages (2-inch and 3-inch widths)