✅ First Aid Kit Inventory Checklist



From "**What Are the Basics of First Aid I Should Know?**"

The Prepared Home Series by
Le Petit **Simon**

Basic Supplies

Item	Qty	Expiration Date	Last Checked	Needs Replacement
▫ Adhesive bandages (assorted sizes)				▫
▫ Sterile gauze pads (2×2", 3×3", 4×4")				▫
▫ Roller bandages (2" and 3" width)				▫
▫ Non-adherent dressings				▫
▫ Adhesive tape				▫
▫ Nitrile gloves (pairs)				▫
▫ CPR face shield/mask				▫
▫ Antiseptic wipes				▫

▫ Wound irrigation syringe				▫
▫ Antibiotic ointment				▫
▫ Scissors (blunt tip)				▫
▫ Tweezers				▫
▫ Emergency blanket				▫
▫ Instant cold pack				▫
▫ Triangular bandage				▫
▫ First aid guide/card				▫

Medications

Item	Qty	Expiration Date	Last Checked	Needs Replacement
▫ Pain reliever - Acetaminophen/Paracetamol				▫
▫ Pain reliever - Ibuprofen				▫
▫ Antihistamine				▫
▫ Aspirin (for suspected heart attack - adults only)				▫
▫ Anti-diarrheal medication				▫
▫ Hydrocortisone cream				▫
▫ Burn gel/cream				▫
▫ Personal prescription medications				▫

Additional Items

Item	Qty	Expiration Date	Last Checked	Needs Replacement
▫ Small flashlight				▫
▫ Extra batteries				▫
▫ Emergency contact list				▫
▫ Whistle				▫
▫ Thermometer				▫
▫ Hand sanitizer				▫
▫ Small notepad and pencil				▫
▫ Emergency blanket				▫

Specialized Items (Based on Specific Needs)

Item	Qty	Expiration Date	Last Checked	Needs Replacement
▫ Glucose source (for diabetic emergencies)				▫
▫ Blister treatment supplies				▫
▫ Insect sting relief				▫
▫ Splinter removal kit				▫
▫ Tick removal tool				▫
▫ Saline eye wash				▫

▫ Tourniquet				▫
▫ Elastic bandage (ACE wrap)				▫
▫ SAM splint or similar				▫
▫ Digital thermometer				▫
▫ Children's medications				▫

Kit Management

Last Full Inventory Date: _____

Next Scheduled Inventory: _____

Location of Kit(s):

1. _____
2. _____
3. _____

Family Members Trained in First Aid:

- _____
- _____
- _____

Emergency Contact Numbers:

- Emergency Services: _____
- Poison Control: _____
- Family Doctor: _____
- Nearest Hospital: _____
- ICE Contact: _____

Inventory Tips

1. **Check your kit every 6 months** (easy to remember: when adjusting clocks for daylight saving time)
2. **Replace expired items immediately**
3. **Restock used items as soon as possible after use**
4. **Consider storage conditions** - avoid extreme temperatures that can degrade medications
5. **Ensure all family members know where kits are located**
6. **Keep this checklist with your kit for easy reference**

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PERSONAL NOTES:

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