

FREE PRINTABLE CHECKLIST

The Home First-Aid Inventory Checklist

A complete, printable inventory of what belongs in a home first aid kit, a car kit, and a travel kit, plus the restock schedule that keeps it usable.

Most households own a first aid kit. Far fewer own one that would be useful at 9pm on a Saturday, because the scissors went to a school project, the antiseptic expired during a previous administration, and nobody has ever counted what is left. This checklist is built to be printed, walked through with the kit open on the table, and used again every six months.

Work through it section by section. Check the box only if the item is present, in date, and where it belongs. Anything you cannot check goes straight onto the shopping list at the end. Include only medications appropriate for the people in your household, and use everything strictly as directed on the label or by your clinician or pharmacist.

BEFORE YOU START

A first aid kit is for minor injuries and for the first few minutes of a bigger problem. It is not a substitute for medical care. Call emergency services for anything involving severe bleeding, difficulty breathing, chest pain, loss of consciousness, a serious burn, a head or spine injury, a seizure, a suspected stroke, or any situation you believe is life-threatening.

Section 1: Wound cleaning and dressing

Cleaning and covering

- ☐ Adhesive bandages in assorted sizes, including knuckle and fingertip shapes
- ☐ Waterproof adhesive bandages
- ☐ Sterile gauze pads in at least two sizes
- ☐ Non-adherent pads for weeping wounds or blisters
- ☐ Rolled conforming gauze
- ☐ Adhesive tape, and a paper or silicone tape for fragile or sensitive skin
- ☐ Sterile saline wound wash
- ☐ Antiseptic wipes or solution
- ☐ Antibiotic ointment, used as directed on the label
- ☐ Butterfly closures or adhesive wound closure strips
- ☐ Blister care pads or hydrocolloid dressings
- ☐ Cotton-tipped applicators

- ☐ Trauma pad or large absorbent dressing for heavier bleeding
- ☐ Disposable gloves, at least two pairs, in a size that fits the adults in the home

Section 2: Bandaging and support

Wraps, supports, and splinting

- ☐ Elastic wrap bandage with clips or self-closure, at least two widths
- ☐ Self-adherent cohesive wrap, which sticks to itself and not to skin or hair
- ☐ Triangular bandage that can be used as a sling
- ☐ Safety pins
- ☐ Instant cold packs, plus a reusable gel pack in the freezer
- ☐ Instant heat pack or a reusable heat pack
- ☐ Moldable splint or a rigid finger splint
- ☐ Compression sleeve or wrap sized for a common household ankle or wrist

Section 3: Tools and instruments

The tools that always go missing

- ☐ Blunt-tip bandage scissors that live in the kit and nowhere else
- ☐ Fine-point tweezers for splinters
- ☐ Digital thermometer, plus probe covers
- ☐ Magnifying glass or reading magnifier
- ☐ Flashlight or headlamp with working batteries
- ☐ Spare batteries in the sizes your kit devices use
- ☐ Emergency blanket
- ☐ CPR face shield or pocket mask

- ☐ Small notepad and pen for recording times and symptoms
- ☐ Resealable bags for ice, soiled items, or a knocked-out tooth
- ☐ Hand sanitizer
- ☐ Small mirror, useful for eye and mouth checks

Section 4: Over-the-counter medications

Stock only what suits the people living in the home. No amounts are given here on purpose. Follow the directions on the package, check with a pharmacist about interactions with any prescription medication, and ask specifically about children, pregnancy, and older adults, for whom several common products are handled differently.

Common categories

- ☐ Pain and fever reliever appropriate for the adults in the household
Ask a pharmacist which type suits anyone with stomach, kidney, liver, blood pressure, or bleeding considerations.
- ☐ Children's formulation if children live in or visit the home, with the dosing device that came with it
Never estimate a child's dose from an adult product.
- ☐ Antihistamine for allergic reactions, as directed
- ☐ Hydrocortisone cream for itching and irritation
- ☐ Calamine or anti-itch lotion for bites and stings
- ☐ Antacid
- ☐ Anti-diarrheal, if appropriate for your household
- ☐ Oral rehydration solution or electrolyte packets
- ☐ Cough drops or throat lozenges
- ☐ Antifungal cream
- ☐ Sterile eye wash and a small eye cup
- ☐ Aloe or burn gel for minor burns
- ☐ Motion sickness remedy, if travel is part of your life
- ☐ A written list of what everyone in the home is allergic to, taped inside the lid

PRESCRIPTION ITEMS

If anyone in the household has been prescribed an epinephrine auto-injector, a rescue inhaler, glucose gel or a glucagon kit, or any other emergency medication, keep it where everyone can find it, keep it in date, and make sure at least two people know how and when to use it. Follow the prescriber's instructions exactly, and never use someone else's prescription.

Section 5: Burns, eyes, and stings

Situation-specific supplies

- ☐ Sterile burn dressing or burn gel dressing
- ☐ Clean, non-fluffy cloth for cooling a minor burn under running water
- ☐ Eye pad and tape
- ☐ Sterile eye wash within reach of the kitchen and the garage, not just the bathroom
- ☐ Tick removal tool or fine tweezers
- ☐ Sting relief wipes
- ☐ Sunscreen and after-sun lotion
- ☐ Insect repellent

Section 6: Information and documents

The page that makes the kit useful to someone else

- ☐ Emergency numbers written down, including local emergency services and the national poison control line
- ☐ Each household member's name, date of birth, allergies, and conditions
- ☐ Current medication list for each household member
- ☐ Primary care and pediatrician phone numbers
- ☐ Preferred hospital and nearest urgent care, with addresses
- ☐ Insurance information

- ☐ Emergency contacts for each household member, including one out-of-area contact
- ☐ A basic first aid instruction card kept in the kit
- ☐ The date this inventory was last reviewed, written on the inside of the lid

Section 7: Households with specific needs

Add these if they apply to you

- ☐ Infants and toddlers: rectal or forehead thermometer, nasal aspirator, infant dosing syringe, diaper rash cream
- ☐ Children: character bandages that make cooperation easier, and a written weight for each child kept current for dosing reference
- ☐ Older adults: skin-friendly tape, larger-print instruction card, a list of medications kept with the kit
- ☐ Diabetes in the home: glucose tablets or gel, spare test strips, sharps container
- ☐ Asthma or COPD in the home: spare spacer, and a written action plan from the clinician
- ☐ Severe allergy in the home: in-date auto-injectors stored per the label, and a written action plan
- ☐ Anyone on a blood thinner: extra absorbent dressings, and clear written guidance from the clinician about when bleeding needs urgent care
- ☐ Mobility equipment users: spare tips, batteries, and basic repair items
- ☐ Pets: a separate pet first aid kit and your veterinarian's after-hours number

Section 8: The car kit

Kept in the vehicle, checked twice a year

- ☐ Compact first aid kit with bandages, gauze, tape, gloves, and antiseptic wipes
- ☐ Trauma pad and an elastic wrap
- ☐ Emergency blanket
- ☐ Flashlight with batteries stored outside the device

- ☐ Bottled water and shelf-stable snacks, rotated seasonally
- ☐ Seat belt cutter and window breaker within reach of the driver
- ☐ Reflective triangle or road flares, and a high-visibility vest
- ☐ Work gloves and a rain poncho
- ☐ Phone charger and a backup battery pack
- ☐ Copy of the household emergency information card
- ☐ Any personal emergency medication that travels with the person, stored per label temperature guidance

Section 9: The travel kit

Small, packable, and easy to restock

- ☐ Assorted adhesive bandages and blister pads
- ☐ Antiseptic wipes and a small tube of antibiotic ointment
- ☐ Small roll of tape and a few gauze pads
- ☐ Pain and fever reliever, antihistamine, and antacid in original labeled packaging
- ☐ Anti-diarrheal and oral rehydration packets
- ☐ Prescription medications in labeled containers with enough for the trip plus a few extra days
- ☐ Copy of prescriptions and a printed medication list
- ☐ Tweezers and small scissors that comply with the rules of how you are traveling
- ☐ Hand sanitizer and a few pairs of gloves
- ☐ Insurance details and, for international travel, the local emergency number written down

Where to keep it

- 1 One main kit, on a shelf, not under the bathroom sink**
Steam and heat shorten the life of adhesives and medications. A hall closet or a kitchen shelf is better.
- 2 High enough to be out of reach of small children, low enough to grab in a hurry**
If you have young children or visitors with dementia, lock anything that needs locking, and keep the wound care accessible separately.
- 3 Everyone in the house knows where it is**
Say it out loud at a family meal. This is the entire security model.
- 4 A second, smaller kit near the kitchen or the workshop**
Most household cuts and burns happen in one of those two rooms and a kit two floors away does not get used.
- 5 Clear container, labeled, with the contents list taped inside the lid**
The person reaching for it may not be you.
- 6 Not in a car trunk in extreme climates for temperature-sensitive items**
Check the label of anything that specifies a storage range.

Restock and expiry schedule

PUT THE SIX-MONTH CHECKS ON A CALENDAR AND ATTACH THEM TO SOMETHING YOU ALREADY DO, LIKE CHANGING SMOKE ALARM BATTERIES.

How often	What to do
After every use	Replace what you used before the box goes back on the shelf. This is the single rule that keeps a kit alive.
Every 6 months	Check every expiry date, test flashlight batteries, verify gloves have not degraded, confirm scissors and tweezers are still in the kit
Every 6 months	Update the medication and allergy list for each household member, and update children's weights
Annually	Review the whole inventory against how your household has changed: new baby, new diagnosis, new pet, aging parent moving in
Annually	Refresh the car kit food and water, and re-check anything stored in the vehicle for heat or cold damage
Whenever a prescription changes	Update the written medication list in the kit, the car, and the phone photos
Before any trip	Rebuild the travel kit rather than assuming last year's is intact

Shopping list

Missing or expired (1)

Missing or expired (2)

Missing or expired (3)

Missing or expired (4)

Missing or expired (5)

Missing or expired (6)

Missing or expired (7)

Missing or expired (8)

To ask the pharmacist about

~~Interactions, children's products, anything you are unsure suits your household~~

Date of this review, and the date of the next one

Supplies are only half of it

1 Take a hands-on first aid and CPR class

Nothing in a box substitutes for having practiced. Look for a course from a recognized training organization in your area, and repeat it on their recommended schedule.

2 Learn how to use what you own

An auto-injector, an inhaler spacer, or a tourniquet you have never handled is not much use during an emergency. Ask the pharmacist or clinician to walk you through the trainer device.

3 Save the numbers in every phone

Local emergency services, poison control, primary care, pediatrician, pharmacy, and one out-of-area contact.

4 Agree who calls and who goes

In a real event, a household that has not discussed roles loses several minutes to confusion.

5 Walk the house for hazards once a year

Lighting, stair rails, loose rugs, water heater temperature, alarms, extinguisher, and medication storage.

6 Post the emergency information sheet where a stranger would find it

The refrigerator remains the most reliable place in the house.

YOUR NEXT STEP

Fill the gaps in one order

Take your shopping list from the previous page and work straight down it. SafeHouse Medical stocks the wound care, bandaging, instruments, and home medical supplies on this checklist, so a kit that has been quietly emptying out for three years can be whole again this week.

Shop the collection at safehousemedical.com

Important. This checklist is general information and is not medical advice. It does not diagnose or treat any condition and it is not a substitute for professional first aid training or care from a qualified clinician. Use all medications and supplies strictly as directed on the label or by your clinician or pharmacist, do not use another person's prescription, and consult a pharmacist about interactions and about products suitable for children, pregnancy, and older adults. Call emergency services immediately for severe bleeding, difficulty breathing, chest pain, loss of consciousness, serious burns, head or spine injury, seizures, suspected stroke, or any situation you believe is life-threatening.