

# BASIC FIRST AID KIT

A practical printable checklist for checking and restocking home, travel, or office first aid supplies.

**Safety note: This checklist is for general organization only and is not medical advice. For serious injury, illness, poisoning, allergic reaction, chest pain, or any emergency, call local emergency services or a qualified medical professional.**

## Wound care

- Adhesive bandages
- Sterile gauze pads
- Non-stick wound pads
- Medical tape
- Antiseptic wipes

## Basic tools

- Disposable gloves
- Tweezers
- Small scissors
- Safety pins
- Digital thermometer

## Wraps and support

- Elastic bandage roll
- Triangular bandage
- Instant cold pack
- Burn gel or dressing
- Clean towel or cloth

## Cleaning supplies

- Sterile/distilled water
- Hand sanitizer
- Soap or cleansing wipes
- Waste bag
- Cotton swabs

## Medicines to review

- Pain reliever approved for your household
- Antacid
- Antihistamine
- Any personal prescriptions
- Medication list and emergency contacts

## Maintenance

- Check expiry dates
- Replace used items
- Store in a dry location
- Keep out of reach of children
- Review after each trip or incident