

First Aid Kit Checklist

STATE OF EMERGENCY

Each column adds to the one on its left. Cross out what doesn't apply, then tape it inside the lid.

state-of-emergency.com

SMALL POUCH

bag, desk, glove box

- ☐ Adhesive bandages, four sizes
(incl. knuckle and fingertip)
- ☐ Two sterile gauze pads
- ☐ Roll of tape
- ☐ Antiseptic wipes
- ☐ Two pairs of nitrile gloves
- ☐ Blister plasters
- ☐ Painkillers, single-dose sachets
- ☐ Tweezers

HOUSEHOLD KIT

adds to the pouch

- ☐ Shears that cut — test them
- ☐ Sterile dressings, two sizes
- ☐ Conforming bandage
- ☐ Triangular bandage
- ☐ Digital thermometer
- ☐ Antibiotic ointment
- ☐ Burn gel or burn dressing
- ☐ Antihistamine, oral and cream
- ☐ Cold pack
- ☐ CPR face shield
- ☐ Written medication list
- ☐ Poison Control: 1-800-222-1222

VEHICLE KIT

adds to both

- ☐ Foil blanket, one per seat
- ☐ Pressure dressing
- ☐ Torch
- ☐ Marker pen
- ☐ Bottled water for irrigation

WHAT TO CHECK, AND HOW OFTEN

Medication	Twice a year
Adhesive bandages	Yearly — twice in a vehicle
Sterile dressings and gauze	Yearly — check the seal
Antiseptic wipes and gels	Yearly — they dry out
Cold packs	Yearly — they stop activating
Shears, tweezers, thermometer	Whenever the kit is opened

Write the earliest expiry date from inside the kit on the outside of the case. That turns an audit into a glance.

Kit location: _____ Earliest expiry date: _____

Emergency 911 · Poison Control 1-800-222-1222

Do the audit on a table: empty the kit, check it against the column that matches it, buy only what is missing.