

First Aid Kit Checklist

A checklist of supplies to stock in a home and car first aid kit, organized by category.

Wound Care and Bandages

- Adhesive bandages in assorted sizes
- Sterile gauze pads and rolls
- Medical tape
- Antiseptic wipes or solution
- Antibiotic or wound-care ointment
- Elastic wrap for sprains

Tools and Protection

- Disposable gloves
- Scissors and tweezers
- A digital thermometer
- Safety pins
- An instant cold pack
- A small flashlight with spare batteries

Medicines and Basics

- General pain and fever relief
- Allergy relief
- Antacids or stomach-settling items
- Burn gel or dressings
- Hand sanitizer

Keep all medicines in date and suitable for your household

Car Kit Extras

- A foil emergency blanket
- Bottled water and a snack
- A reflective vest or warning triangle
- Work gloves
- A phone charger or power bank

Information and Maintenance

- A first aid instruction card or booklet
- A list of emergency contacts
- Notes on any family allergies or conditions
- Check expiry dates and replace expired items
- Restock anything used and review twice a year

For emergencies, call your local emergency number such as 911

Important

- This checklist is general information only and is not medical advice; a first aid kit does not replace professional care, so for serious injuries or emergencies call your local emergency number and follow guidance from trained responders

Consider a recognized first aid training course