Care & Comfort
FIRST AID CHECKLIST

A good first aid kit is one you can find in the dark and that isn't full of expired ointment. Check off what you have, circle what you need, and keep one kit at home and a smaller one in each car and go-bag.

WOUND CARE

- [ ] Adhesive bandages, assorted sizes
- [ ] Sterile gauze pads (3×3 and 4×4)
- [ ] Roller gauze & adhesive tape
- [ ] Elastic wrap bandage
- [ ] Triangular bandage
- [ ] Butterfly closures
- [ ] Antibiotic ointment
- [ ] Antiseptic wipes
- [ ] Burn gel or dressing

MEDICINES

- [ ] Pain & fever reliever, adult
- [ ] Pain & fever reliever, children's
- [ ] Antihistamine (allergy)
- [ ] Hydrocortisone cream
- [ ] Anti-diarrhea & antacid
- [ ] Electrolyte packets
- [ ] Saline eye wash
- [ ] Aspirin (adults only)
- [ ] 7-day supply of prescriptions

TOOLS

- [ ] Scissors & tweezers
- [ ] Digital thermometer
- [ ] Non-latex gloves
- [ ] Instant cold packs
- [ ] Emergency blanket
- [ ] CPR breathing barrier
- [ ] Flashlight + batteries
- [ ] Safety pins
- [ ] First aid guide or manual

PERSONAL & EXTRAS

- [ ] Spare glasses / contacts
- [ ] Inhalers or EpiPens (if prescribed)
- [ ] Diabetic supplies
- [ ] Hand sanitizer
- [ ] Sunscreen & bug spray
- [ ] Tick remover
- [ ] Cotton swabs
- [ ] Medical info sheet (next page)
- [ ] Copy of insurance cards

Kit kept in: _____ **Last checked:** _____ **Next check:** _____

MAMA TIP Check expiration dates twice a year when the clocks change, and take a first aid and CPR class as a family. Knowing how beats owning stuff.

NOT MEDICAL ADVICE This is a starting list. Ask your doctor or pharmacist what your family needs, and in an emergency call 911 or Poison Control at 1-800-222-1222.

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FAMILY MEDICAL INFO

Fill this in for each person, so anyone helping your family (or a tired, scared you) has the details in one place. Update it when medicines change.

Name	Birthdate	Blood type	Allergies	Medicines & dose	Conditions	Doctor

HEALTH INSURANCE

Company: _____

Member / group #: _____

Phone: _____

SPECIAL NEEDS

Medical devices, mobility, hearing or vision needs, dietary needs

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