

Home & car kit

Check supplies. Mark what needs replacing. Add local needs.



In a serious or urgent emergency, call 000. A kit supports first aid; it does not replace training.

Kit location / checked by / date

SUPPLIES	OK	RESTOCK	SUPPLIES	OK	RESTOCK
Adhesive strips	☐	☐	Surgical tape and safety pins	☐	☐
Non-stick wound dressings	☐	☐	Disposable cold pack	☐	☐
Gauze swabs and pads	☐	☐	Thermal blanket	☐	☐
Saline tubes or sachets	☐	☐	Scissors and tweezers	☐	☐
Antiseptic / alcohol swabs	☐	☐	CPR face shield	☐	☐
Disposable nitrile gloves	☐	☐	Notepad, pencil and marker	☐	☐
Crepe / roller bandages	☐	☐	Waste / resealable bags	☐	☐
Triangular bandages	☐	☐			

Make it fit

Add current personal action plans and appropriate supplies for children, travel and local risks. Store medicines as their labels direct; a hot car may be unsuitable.

Keep it ready

Keep clean, dry, accessible and secured in the car. Check after use and at least every 12 months. Replace used, expired or damaged items, including sterile packs that are open.

General preparation

This is not a workplace compliance checklist. Choose quantities and extra supplies for the people, hazards and distance from help.

Restock items and quantities

Other supplies for this home or car

Sources: Healthdirect: First aid kits.