



GLOBAL
SURVIVAL BASE

Family First Aid Kit Checklist

Practical Preparedness Guide for Modern Families

Prepared by

Global Survival Base

Prepare • Adapt • Survive

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Introduction

Modern systems are complex and often fragile. Power outages, supply disruptions, natural disasters, and other unexpected events can disrupt daily life quickly.

Prepared families respond with calm and organization rather than panic.

This checklist provides practical steps to help households strengthen preparedness and improve resilience during emergency situations.

More preparedness resources are available at globalsurvivalbase.com

In any emergency, preparation and organization can make a critical difference. Complete the information below to personalize this checklist and ensure your preparedness plan is clear, organized, and ready when it matters most.

SURVIVAL PREPAREDNESS CHECKLIST

Name	
Location / Household:	
Emergency Contact	
Date Completed	
Next Review Date	



Preparedness Guide Contents

- 1. Step By Step Instructions**
- 2. Preparation and Storage**
- 3. Tools and Safety**
- 4. Planning and Notes**
- 5. Frequently Asked Questions (FAQ)**
- 6. Continue Your Preparedness Journey**

1. Step-by-Step Instructions

1. Review the Scenario

Read the overview section to understand the type of emergency situation this checklist is designed to address.

2. Start with Preparation

Begin by identifying your household needs and determining which supplies or actions are required.

3. Organize Storage

Store supplies in safe, accessible locations where all household members know how to find them.

4. Gather Essential Tools

Collect the equipment and tools needed to support emergency preparedness activities.

5. Review Safety Considerations

Ensure that safety procedures are understood and that supplies such as medical kits and emergency lighting are available.

6. Complete the Planning Worksheet

Use the planning section to document emergency contacts, meeting locations, and evacuation routes.

7. Review the Checklist Regularly

Preparedness plans should be reviewed every six to twelve months to ensure supplies remain functional and up to date.

Okey Lets Get Started



2. Preparation & Storage

Preparation

- Identify common medical needs in the household
 - Determine essential first aid supplies required
 - Select durable container for medical kit
 - Assign responsibility for maintaining the kit
-

Storage

- Store adhesive bandages in various sizes
- Maintain sterile gauze pads
- Store medical tape and bandages
- Keep antiseptic wipes or solution

3. Tools & Safety

Tools

- Maintain digital thermometer
- Store trauma scissors
- Include tweezers for splinter removal
- Keep CPR mask if available

Safety

- Store disposable medical gloves
- Maintain pain relief medication
- Include antihistamines for allergic reactions
- Store personal prescription medications

4. Planning & Notes

Planning

- Review first aid kit every six months

- Replace expired medications

- Train family members in basic first aid

- Maintain emergency medical contact list

Notes

- Preparedness Notes
-

- Emergency Meeting Location
-

- Important Contacts
-

5. Frequently Asked Questions (FAQ)

What should every first aid kit contain?

Bandages, gauze, antiseptic wipes, gloves, and pain relief medication are common essentials.

Should kits include prescription medications?

If needed, small supplies of essential medications should be included.

Where should first aid kits be stored?

Kits should be stored in easily accessible locations.

Should multiple kits exist in the home?

Some households keep kits in the kitchen, vehicle, and emergency supplies.

How often should kits be inspected?

First aid kits should be reviewed every six months.

6. Continue Your Preparedness Journey

Continue Building Your Preparedness

Preparedness is a continuous process. Small steps taken today can significantly improve safety and resilience during unexpected disruptions.

Explore more practical survival guides, preparedness strategies, and printable resources designed for modern families.

Share This Checklist

If you found this checklist helpful, consider sharing it with others who may benefit from being prepared.

More survival resources available at:

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