

FREE GUIDE • FIELD MEDICINE

First Aid Kit and Family Medical Info Sheet

Where your kits live, how you keep them stocked, and each person's medical information on a page of its own.

Hey, I'm Randall. I'm a former Marine Combat Engineer, and my wife, Robbie, is a registered nurse. This sheet is about being organized, not about treating anyone. For care, call your doctor, or 911 in an emergency. Pencil is fine.

Affiliate Disclosure

Nothing in this PDF is a store link and it has no prices. Some Fortified Living pages it points to may carry affiliate links, and if you buy through them Fortified Living may earn a commission at no extra cost to you. As an Amazon Associate I earn from qualifying purchases. Any gear named here is a category idea or catalog-based, not a hands-on test or an agency endorsement. You can finish every worksheet without buying anything.

Red Cross Family-of-Four Kit Contents

The Red Cross list for a family of four: 2 absorbent compress dressings (5 x 9 inches); 25 adhesive bandages (assorted sizes); 1 adhesive cloth tape (10 yards x 1 inch); 5 antibiotic ointment packets (approximately 1 gram); 5 antiseptic wipe packets; 2 packets of aspirin (81 mg each); 1 emergency blanket; 1 breathing barrier (with one-way valve); 1 instant cold compress; 2 pair of nonlatex gloves (size: large); 2 hydrocortisone ointment packets (approximately 1 gram each); 1 3 in. gauze roll (roller) bandage; 1 roller bandage (4 inches wide); 5 3 in. x 3 in. sterile gauze pads; 5 sterile gauze pads (4 x 4 inches); oral thermometer (non-mercury/nonglass); 2 triangular bandages; tweezers; emergency first aid instructions.

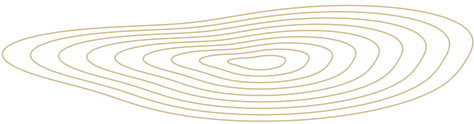
Medicines

Ask your doctor or pharmacist about your household's medicines, and about anything else your family should keep in the kit.

Step 1: Where Our Kits Live

Kit (home, Car, Go-bag):	Exactly Where It Is:	Who Checks It:	Phone List In The Lid? (Y/N):





STEP 2

Restock Log and Training

The Red Cross says to check the kit regularly, check expiration dates, and replace any used or out-of-date contents. Pick a date you already remember, like the spring and fall clock change. [S1]

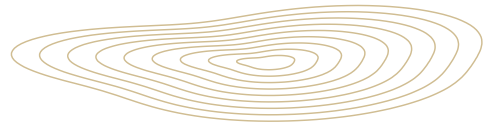
Date Checked:	Kit:	Used Or Expired Items Replaced:	By:

Get Trained

The American Red Cross offers first aid and CPR classes online and in person. Put a date on the calendar for at least one adult. [S2]

Class We Signed Up For:	Class Date:	Who Is Taking It:





MEDICAL INFO SHEET

Person 1

Full Name:

Date Of Birth:

Blood Type (if Known):

Allergies (medicines, Foods, Insects, Latex):

Medical Conditions:

Medicine (exactly As The Label Says):

What It Is For:

Prescribing Doctor:

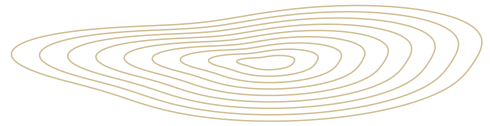
Doctor And Phone:

Pharmacy And Phone:

Insurance And Member Number:

Emergency Contact And Phone:





MEDICAL INFO SHEET

Person 2

Full Name:

Date Of Birth:

Blood Type (if Known):

Allergies (medicines, Foods, Insects, Latex):

Medical Conditions:

Medicine (exactly As The Label Says):

What It Is For:

Prescribing Doctor:

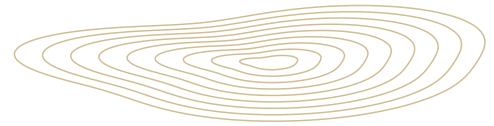
Doctor And Phone:

Pharmacy And Phone:

Insurance And Member Number:

Emergency Contact And Phone:





MEDICAL INFO SHEET

Person 3

Full Name:

Date Of Birth:

Blood Type (if Known):

Allergies (medicines, Foods, Insects, Latex):

Medical Conditions:

Medicine (exactly As The Label Says):

What It Is For:

Prescribing Doctor:

Doctor And Phone:

Pharmacy And Phone:

Insurance And Member Number:

Emergency Contact And Phone:

Gear for This Plan: Our Picks

- **Car and go-bag kit:** Adventure Medical Kits Ultralight/Watertight .7. A basic kit for small injuries, not a trauma kit.
- **Reference book:** The Survival Medicine Handbook. Read it before you need it.

Read more on our site • The picks, with the tradeoffs:

First Aid Kit and Family Medical Info Sheet: Gear

Sources

[S1] American Red Cross: Anatomy of a First Aid Kit. Read 10/11/2026.

[S2] American Red Cross: Take a Class. Read 10/11/2026.

This sheet stays on your paper or your own device. Fortified Living never sees it. Not medical advice.

