Home Health & Medicine Inventory Checklist

Date: _____ Completed By: _____

1. FIRST AID & HEALTH SUPPLIES

ITEM	QTY	CHECK
Adhesive Bandages (various sizes)		☐
Antibiotic Ointment		☐
Antiseptic Wipes / Spray		☐
Gauze Pads & Rolls		☐
Medical Tape		☐
Cotton Balls / Swabs		☐
Tweezers		☐
Scissors		☐
Thermometer		☐
Instant Cold Pack		☐
Elastic Bandage / Wrap		☐
Burn Gel / Cream		☐
Hydrocortisone Cream		☐
Eye Wash / Drops		☐
Other: _____		☐

2. OVER-THE-COUNTER MEDICINES

ITEM	QTY	CHECK
Acetaminophen (Pain / Fever)		☐
Ibuprofen (Pain / Inflammation)		☐
Aspirin		☐
Allergy Medicine (Antihistamine)		☐
Cough Suppressant		☐
Expectorant		☐
Decongestant		☐
Antacid / Heartburn Relief		☐
Anti-Diarrheal		☐
Laxative		☐
Motion Sickness Medicine		☐
Sleep Aid (Occasional Use)		☐
Hydration / Electrolyte Packets		☐
Other: _____		☐

3. PRESCRIPTION MEDICATIONS

MEDICATION	QTY	EXP. DATE	CHECK
			☐
			☐
			☐
			☐
			☐
			☐
			☐

☆ *Store prescriptions safely and out of reach of children.*

4. CHECK & REFRESH

- ♡ *Check expiration dates regularly.*
- ♡ *Restock items as needed.*
- ♡ *Replace opened or used items.*
- ♡ *Keep medications in a cool, dry place.*
- ♡ *Keep out of reach of children.*

5. MISCELLANEOUS & NOTES

Reminder

A WELL-STOCKED HOME HELPS CARE FOR THE ONES YOU LOVE MOST.

A little preparation brings peace of mind.