

# Older Dog First-Aid & Restock Checklist

A free preparedness and supply-tracking guide for older-dog households. Use it to organize essentials, spot low-stock items, and keep one home kit plus one grab-and-go bag ready.

## What this is

This freebie helps you keep a practical first-aid and cleanup setup on hand. It is a preparedness and organization tool, not a treatment guide.

## How to use it

Check what you already have, circle the gaps, choose one storage place for your main kit, and keep a smaller version ready for travel or emergency pickup.

## Pressure-tested best use

Use this as a fast household reset: confirm basics, add the older-dog extras that matter for your dog, and restock the same day after any use.

## Start here - confirm the essentials

- Disposable gloves or nitrile gloves.
- Sterile gauze pads and one roll of gauze.
- Non-stick wound pads or similar dressing pads.
- Self-adherent wrap or medical tape for securing dressings.
- Blunt-tip scissors and tweezers stored in one small pouch or case.
- Saline wash or wound-rinse product that fits your veterinarian's preferences.
- Thermometer, lubricant packet, and a written note on where you store them.
- Flashlight or headlamp with working batteries.
- Clean pet-use towels or washcloths.
- One waterproof layer or washable blanket for transport, cleanup, or recovery days.

## Older-dog extras worth keeping ready

- Pee pads, liners, or absorbent towels for accident-prone nights or travel.
- Spare harness, leash, and collar or ID setup stored together.
- Lift towel, sling, or another mobility-help item you already know how to use.
- Paw wipes, grooming wipes, or cleanup cloths for muddy or messy outings.
- A spare bed cover or blanket that can be swapped in quickly after an accident.
- A printed medication list and schedule only for medications already approved by your veterinarian.

## Dog-specific add-ins to write down

<b>Must-have daily meds</b>	
<b>Handling note that matters</b>	
<b>Where the go-bag lives</b>	
<b>One item to replace now</b>	

## Grab-and-go bag checklist

- Emergency contact sheet with your regular vet, nearest ER vet, after-hours number, and one backup contact.
- Printed medication list, feeding notes, and known sensitivities or handling notes.
- One slip lead or backup leash.
- A small pack of gauze, wrap, gloves, wipes, and one towel.
- Water bottle, collapsible bowl, and a short food backup if that fits your routine.
- Copies or photos of medication labels, recent care notes, or vaccination details if you rely on them during travel or emergency boarding.

## Storage and labeling check

- Store the main kit in one dry, easy-to-reach location that every adult in the house can find quickly.
- Keep the go-bag near the exit, in the car kit area, or wherever emergency departure is easiest.
- Write the month and year on anything with an expiration date or batteries.
- Label items that belong to the dog only so they do not get pulled into household use.
- Restock immediately after any outing, cleanup event, or bandage change that uses supplies.

## Restock tracker

Item	Target qty	On hand	Restock now	Replace by / note
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Item	Target qty	On hand	Restock now	Replace by / note
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**Low-stock trigger**

Restock when a core item falls below what you want for one home incident plus one grab-and-go use.

**After-use rule**

Anything opened, used, soiled, or pulled into the go-bag gets replaced the same day if possible.

## Emergency contacts and personalized notes

<b>Regular veterinarian</b>	
<b>Nearest emergency clinic</b>	
<b>Backup contact</b>	
<b>Medication list location</b>	
<b>Go-bag storage location</b>	
<b>Notes that matter in a hurry</b>	

## Monthly reset checklist

- Check expiration dates and replace anything outdated.
- Replace low batteries, dead flashlight batteries, or missing tools.
- Confirm towels, blankets, pads, and backup covers are clean and dry.
- Review whether your dog's mobility, cleanup, or travel needs changed this month.
- Update the medication list, contacts, and any handling notes.

### Important boundary

This checklist is for organization and supply readiness only. It does not replace veterinary guidance, an emergency exam, or instructions for using medications or wound-care items. Keep only items you understand, and confirm dog-specific additions with your veterinarian.

*Freebie tip: keep this checklist near the kit and mark the date every time you update it.*