

What to pack before you need it

Keep supplies somewhere all caregivers can find them. A kit does not replace veterinary advice.

Please note: Trouble breathing, fainting, seizures, heavy bleeding or suspected poisoning require immediate veterinary care. Do not wait to assemble the kit or finish the checklist.

Pet's name: _____ Date: _____

Dressings and protection

- ☐ Gauze and nonstick pads
- ☐ Unexpired 0.9% saline
- ☐ Bandage roll and dressing tape
- ☐ Blunt-ended scissors
- ☐ Disposable gloves

Support and transport

- ☐ Clean towel and blanket
- ☐ An accessible carrier or leash
- ☐ Digital thermometer for use as instructed
- ☐ An appropriately sized protective cone

Contacts and plan

- ☐ Your veterinarian's phone number saved
- ☐ Address and phone number of a 24-hour emergency hospital
- ☐ Updated medical history and medication list
- ☐ An individual emergency plan agreed with the veterinary team
- ☐ Expiry dates and kit location checked

Other observations

Do not give human medication or activated charcoal, or induce vomiting, without advice. Do not tighten bandages. Oral syringes, antiseptics and other specific supplies require individual instructions.

Expiry dates and replacement supplies

Check packaging and replace used items. Follow the manufacturer's storage conditions and instructions after opening.

Pet's name: _____ Date: _____

Item	Expiry / date opened	Condition / quantity	What to replace

Where is the kit, and who knows where to find it?

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Your household emergency plan

Complete this with your veterinary team at a calm moment. Share the contacts with everyone who cares for your pet.

Pet's name: _____ Date: _____

Veterinarian: name, telephone and opening hours

24-hour emergency hospital: telephone, address and route

Conditions, current medication and known allergies

Transport and individual instructions agreed with the team

Sources and explanations in the article: AVMA, MSD Veterinary Manual and VCA Animal Hospitals.

Coming soon: a pet first aid course

Criando Elos will offer a first aid course for dogs and cats. Follow the news on the website.

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