

Dog First-Aid Kit Checklist

Build the kit once, keep it by the door, and know your dog’s normal numbers before you ever need them. This is a preparation checklist and a vitals reference — not treatment advice.

FILLABLE PDF — TYPE ON A COMPUTER OR TABLET, OR PRINT AND FILL IT IN BY HAND.

DOG’S NAME	WEIGHT	KIT CHECKED (DATE)

KIT CONTENTS

- | | |
|---|---|
| ☐ Sterile gauze pads | ☐ Non-stick wound pads |
| ☐ Self-adhesive bandage wrap | ☐ Medical tape |
| ☐ Blunt-tip scissors | ☐ Tweezers |
| ☐ Digital thermometer | ☐ Disposable gloves |
| ☐ Saline (eye/wound rinse) | ☐ Tick remover |
| ☐ Muzzle or soft cloth strip | ☐ Clean towel |
| ☐ Copy of vet records | ☐ This checklist |

KNOW YOUR DOG’S NORMAL (TYPICAL RANGES)

- ☐ **Temperature** — typically ~101–102.5°F / 38.3–39.2°C
rectal, when calm
- ☐ **Heart rate** — 60–140 beats/min (small and toy breeds faster — up to ~160–180; puppies faster still)
feel chest behind the left elbow
- ☐ **Breathing** — about 10–30 breaths/min at rest
count at rest, not panting
- ☐ **Gums pink, refill under ~2 seconds**
press, color returns fast

EMERGENCY CONTACTS

YOUR REGULAR VET — NAME & PHONE
NEAREST 24-HOUR ER VET — NAME & PHONE
PET POISON HELPLINE — PHONE

Tip: This kit is preparation, not treatment. In any real emergency, call your vet or the nearest ER vet right away — and a pet poison line if a toxin may be involved.