



Emergency Medical Kit Inventory

Track medicine, first-aid supplies, expiry dates, and family-specific health needs before clinics or pharmacies become difficult to access.

Medical emergencies can happen during floods, severe weather, blackouts, or supply disruptions. Keeping an organized inventory helps Malaysian families maintain essential medications, rotate supplies, and respond faster during emergencies.

Family Medical Information

Family Member	Medical Conditions / Allergies	Regular Medications

First Aid Supplies Inventory

Item	Quantity	Expiry Date	Restock Needed
Bandages & Gauze			■
Antiseptic Solution			■
Medical Gloves			■
Painkillers			■
Fever Medication			■
Thermometer			■

Scissors & Tweezers			■
Masks			■
Burn Cream			■
Oral Rehydration Salts			■

Prescription Medication Tracking

Medication	Family Member	Expiry Date	Refill Reminder

Medical Emergency Contacts

Contact	Phone Number
Nearest Hospital / Klinik	
Family Doctor	
Emergency Ambulance	
Insurance Hotline	
Emergency Family Contact	

Medical Preparedness Checklist

Done	Checklist Item
■	Check medicine expiry dates every 6 months
■	Store medications in dry, cool locations

■	Keep copies of prescriptions and medical records
■	Prepare backup medications for emergencies
■	Include masks, gloves, and hygiene supplies
■	Pack small first aid kits inside emergency bags
■	Keep emergency contact numbers printed offline

Medical preparedness saves time and reduces risk during emergencies.

Review your medical inventory regularly and ensure essential medications are always accessible.