

Botanical Reference & Plant Records

Document plants for education and identification, not for wound treatment.

Household / group:

Date reviewed:

Plant reference inventory

Plant / botanical name	Source / location	Plant part	Harvest / purchase date

Identification and responsible sourcing

- ☐ Botanical names and identity verified using reliable references
- ☐ Supplier details retained for purchased bark, resin, or dried samples
- ☐ Local growing, harvesting, import, and conservation rules checked
- ☐ Photographs of living plants or source packaging saved

Plants needing additional identification or sourcing research:

Growing, Harvesting & Preservation

Use one record per plant or copy this page for additional crops.

Plant (common and botanical name):

Growing region / climate / location:

Planting date / source of planting material:

Light, soil, drainage, and watering requirements:

Harvest date, plant part, and condition:

Drying / curing method and observations:

Storage container, location, and date:

Known safety limitations / intended educational use:

Storage inspection

- ☐ Container labelled with botanical name and date
- ☐ Sample dry and free of mould, pests, or unusual odour
- ☐ Stored away from heat, moisture, and direct sunlight
- ☐ Botanical samples stored separately from first-aid supplies

Next inspection date / improvements needed:

Household Wound-Care Kit Inspection

Check your actual supplies and note what needs replacement.

Main kit location:

Additional kit locations (vehicle, workshop, etc.):

Readiness check

- ☐ Sterile gauze and suitable pressure dressings
- ☐ Sterile non-stick dressings and adhesive bandages
- ☐ Medical tape and disposable gloves
- ☐ Unopened sterile saline / suitable clean wound-irrigation water
- ☐ Clean irrigation syringe and tweezers
- ☐ Battery-powered headlamp or flashlight
- ☐ Emergency contacts and directions accessible offline
- ☐ Packaging intact; products checked for expiry and moisture damage
- ☐ Household members know kit locations and how to access them

Restock and maintenance log

Missing / damaged item	Quantity needed	Priority	Replacement date

Skills & Emergency Access

Practise only on uninjured skin; seek recognized training for severe bleeding.

Practical skills review

- ☐ Locate supplies quickly and put on disposable gloves
- ☐ Describe direct pressure for bleeding and when to call emergency services
- ☐ Explain rinsing a superficial wound with clean water or sterile saline
- ☐ Apply and secure a dressing on uninjured skin without wrapping tightly
- ☐ Recognize deep, gaping, contaminated, or infected wounds needing assessment
- ☐ Practise using emergency lighting and accessing supplies one-handed
- ☐ Identify first-aid or bleeding-control training to complete

Emergency contact and transport plan

Local emergency telephone number:

Nearest appropriate medical facility / contact:

Property directions, coordinates, or access instructions:

Backup communications / no-signal plan:

Alternate route or transport constraints:

Next skills practice / training date:

Preparedness Action Plan

Choose realistic improvements, assign responsibility, and review progress.

Priority improvements

Action to complete	Responsible person	Target date	Done

Household review

Biggest current gap in wound-care readiness:

Most useful skill to practise next:

Herb or botanical sample to document next:

Next kit and botanical-storage inspection date:

Key safety reminders

- ☐ Use established first aid and sterile dressings for wounds.
- ☐ Do not place homemade herbal powders, pastes, or raw garlic into open wounds.
- ☐ Get prompt medical help for severe bleeding, deep injuries, bites, or infection.
- ☐ Botanical study does not replace qualified medical care or first-aid training.