

Kings_Emergency_Kit_Items_1999.txt

Kevin King
Tyler, TX
12-26-88

Dear Ken:

I am happy to share my list of medical equipment and supplies.

FANNY refers to a "fanny pack", a small 7 pocket day-pack which I purchased from SI.

KEEPWITH is a list of the stuff I want close; in the car if possible.

BUGOUT is a collection to grab if evacuation is ever necessary.

CAMPING includes the things we usually take on a camping trip. Hopefully, it includes enough to camp out for 2 weeks.

STORM will eventually be the all inclusive inventory list. It will add to CAMPING the reserve inventory and the necessities for shelter living.

MEDICAL LIST is Jane Orient's project. I received it as hard copy and have gotten only part of it in the computer.

I hope you find some of this helpful. Feel free to edit it to fit your needs.

Sincerely,
Kevin King

FANNY

alcohol wipes	(cassette tape box full)
aspirin (adult, pedi)	(1 bottle each)
Band-Aids	(cassette tape box full)
bandana (camo)	(1)
Betadine ointment	(cassette tape box full)
Betadine wipes	(cassette tape box full)
chap stick	(1)
gloves (exam)	(4 pair)

Kings_Emergency_Kit_Items_1999.txt

Magic Marker (black) (1)
magnifying glass (1)
safety pins (8)
signal mirror (1)
soap (Dial) (1)
tape (1" silk) (wrapped on matchstick,
stored in 35 mm film can)
towel (hand size) (1)
Tylenol (adult, pedi) (1 bottle each)

Fluid Therapy Formula

Water Deprivation

Diarrheal Losses

Cola soft drinks, straight, half strength, bubbles
shaken out

Orient Formula

water 1 quart
sugar 10 teaspoons
baking soda 1/3 teaspoon
(sodium bicarbonate)
Lite Salt 1 teaspoon
(Morton, KCl, NaCl, NaI)

KEEPWITH

SMALL FIRST AID KIT (REI) (some duplication of FANNY)
(equipment)

eye shield
gloves sterile (2 pair)
mirror (signal)
needles
18 g (2)
20 g (2)
pill vials (3)
Q-Tips (5)
razor blade

Kings_Emergency_Kit_Items_1999.txt

safety pins	(25 in assorted sizes)
suture	
3-0 Dexon	(1)
4-0 Nylon	(3)
syringe	
3 cc	(1)
thermometer	
tongue blades	(5)
(instruments)	
hemostat: mosquito	(2)
nail clippers	
needle holder	(1)
pickups with teeth	(1)
scalpel handle	(1)
scalpel blades	
#15	(1)
#11	(1)
#10	(1)
scissors: straight Mayo	
(prep)	
alcohol wipes	(4)
Betadine ointment	(6)
Betadine prep	(4 oz)
Betadine wipes	(4)
Dial soap (motel)	(1)
(dressings)	
Band-Aids	(6)
cotton balls	
eye dressing (pads)	(2)
field dressing	(2)
(battle dressing)	
(Carlyle dressing)	
(pressure dressing)	
roller gauze 1"	(1)

Kings_Emergency_Kit_Items_1999.txt

sponges (2 packs with 2 each)
tape (1" silk) (wrapped on matchstick
stored in 35 mm film can)

triangle bandage
38" side, 54" hypotenuse
36" side, 50" hypotenuse

Vaseline gauze (1)

(drugs, prescription)

Benadryl 50 mg/cc (1 ampule)
Epinephrine 1:1000 (2 ampules)
Lomotil (12 tabs)
Xylocaine (1% plain) (20 cc)

(drugs, non-prescription)

aspirin (adult)
Neosporin Ointment
oil of cloves (1 oz)
Tylenol (adult)
Maalox

(other first aid supplies) (not in small REI)

air splints
pocket mask with valve
ingredients for fluid replacement
sugar
NaCl
NaHCO₃
Morton's Lite Salt
snake bite kit
survival blanket

BUGOUT (this is about as far as my editing goes)

LARGE FIRST AID KIT (REI)

(equipment)

pill vials (4)
tongue blades (2)

Kings_Emergency_Kit_Items_1999.txt

gloves (sterile)
suture (1 of each)
 4-0 Dexon
 5-0 Dexon
 4-0 Nylon
 5-0 Nylon
 6-0 Nylon
 3-0 Silk ties
 4-0 Chromic

needles
 18 g (2)
 20 g (2)

syringe
 3 cc (1)

razor blade (Weck) (5)

safety pins (25 in assorted sizes)

insect repellent (REI Jungle Juice)

(instruments)

needle holder

hemostat (straight) (3)

scissors

 straight Mayo

 Paramedic

pickups without teeth

scalpel handle

scalpel blades

 #15 (1)

 #11 (1)

 #10 (1)

signal mirror

(prep)

Betadine solution (4 oz)

Betadine wipes (4)

Betadine ointment (6)

Kings_Emergency_Kit_Items_1999.txt

Neosporin ointment (8)
alcohol wipes (4)
liquid soap (Campsuds) (2 oz)
(dressings)
Band-Aids (15)
Field dressing (4) (battle dressings, Carlyle
pressure dressings)
grease gauze
Vaseline (1)
Adaptic (1)
sponges (4)
tape (1" satin tape wrapped on matchstick and
stored in a pill vial)
Triangle bandage (54" hypotenuse)
(drugs, prescription)
Benadryl 50 mg/cc (1)
Epinephrine 1:1000 (2)
Atropine 0.4 mg/cc (5)
Lomotil (12)
(drugs, non-prescription)
ASA (adult)
Tylenol (adult)
Maalox
NaCl (salt) tablets

CAMPING (some of this stuff is because I
am an anesthesiologist)

COMPREHENSIVE LIST OF FIRST AID SUPPLIES

(equipment)
O-P airways
N-P airways
tongue blades
ET tubes (1 each)
8.0 cuffed

Kings_Emergency_Kit_Items_1999.txt

- 7.0 cuffed
- 6.0 cuffed
- 5.5 uncuffed
- 6.0 uncuffed
- 6.5 uncuffed
- stylet
- laryngoscope
 - pedi handle
 - blades
 - Miller #3
 - Mac #3
- McGill forceps
- Ambu bag
- Crico-Thyrotomy tube
- suction hose
- tonsil suction tip
- suction catheter (14f)
- DeLee (new born) suction trap
- ear syringe (suction bulb)
- stethoscope
- gloves
 - exam
 - sterile
- Steri-Strips
- suture
 - 4-0 Dexon
 - 5-0 Dexon
 - 6-0 Dexon
 - 3-0 Nylon
 - 4-0 Nylon
 - 5-0 Nylon
 - 6-0 Nylon
 - 3-0 Silk ties
 - 4-0 Silk suture

Kings_Emergency_Kit_Items_1999.txt

6-0 Silk suture
4-0 Chromic
needles
 regular 18, 20, 25
 spinal 18, 22, 25
syringes
 1 cc
 3 cc
 5 cc
 20 cc
splints (wire and air)
tourniquet
chest tube
Salem sump (18f, 14f)
umbilical cord clamp
Foley catheter
thermometer
eye dropper
Q-Tips
razor blades
safety pins
cotton sewing thread and needle
(instruments)
 needle holder
 hemostat
 mosquito
 regular
 Kelly
 scissors
 tissue
 suture
 iris
 Paramedic
pickups

Kings_Emergency_Kit_Items_1999.txt

with teeth
without teeth
splinter
scalpel handle
scalpel blades: #15, #10, #11

(prep)

Betadine scrub brush
Betadine prep
Betadine paint
Betadine wipes
Betadine ointment
hydrogen peroxide (H2O2)
alcohol
alcohol wipes
antiseptic towelettes

(dressings)

ABD's
Ace bandage (3" and 4")
Band-Aids
Eye patches
Eye shield
Field dressings (Battle dressings, Carlyle pressure dressings)
Gauze roller bandage (2" and 3")
Grease Gauze dressing (Adaptic, Vaseline)
Kotex
Moleskin
Safety pins
Sponges (3" x 3" or 4" x 4")
Steri-Strips
Tape (satin or canvas)
1"
2"
3"

Triangle bandage (54" hypotenuse)
bed sheets (for dressings)

(drugs, prescription)

Penicillin (oral and parenteral)
Amoxicillin (oral and parenteral)
EES (Erythromycin) (oral)
TCN (Tetracycline) (oral and parenteral)
Antibiotic ointments (general, eye)
Antibiotic drops (eye)
Atropine (ACLS, Chemical Agents)
Benadryl (capsules, injection)
Compazine (oral, rectal, parenteral)
Decadron (parenteral)
Diamox (altitude sickness) (oral)
Droperidol (parenteral)
Epinephrine (parenteral)
Lasix (oral, parenteral)
Lomotil (oral)
Narcan (parenteral)
NTG (Nitroglycerine) (sub-lingual)
Ophthane
Opiate Analgesics
 ASA with Codeine
 Tylenol #3
 Morphine (parenteral)
Xylocaine (ACLS, suturing)

(drugs, non-prescription)

ASA (adult and pedi)
Tylenol (adult and pedi)
Alcohol
baking soda (eye wash and soaks for dermatitis)
Calamine lotion
Chapstick
Chlorox

Kings_Emergency_Kit_Items_1999.txt

Colace
Desenex
 powder
 ointment
Ipecac
KaoPectate
Maalox
NaCl tablets (salt)
NeoSporin ointment
Nose drops (Afrin and NeoSynephrine)
Oil of cloves
Robitussin
Throat lozenges
Vaseline
Vicks
Vitamins
 Multi
 Vit C, 25 mg/day
Zinc oxide paste
(fluid replacement)
clear liquids (tea, bouillon, Jello)
ORAL REPLACEMENT
 water 1 liter
 NaCl 1 tsp
 NaHCO3 1/2 tsp
IV
 normal saline 1000 cc
 lactated ringers 1000 cc
 D5/W 500 cc
 D50/W 50 cc
 administration sets
 extension sets
 Jelcos
 pressure bag

(dental)

Oil of Cloves
Tiny cotton balls
Dental pickups

STORM

(First aid supplies are essentially the same items as for CAMPING; the quantity in the inventory is simply increased as finances allow.)

MEDICAL LIST

(disinfectants)

Betadine scrub (1 pint)
Betadine solution (1 pint)

Chlorox (5.25% solution)

for water purification:

volume	clear	cloudy
1 qt	2 drops	4 drops
1 gal	8	16
5 gal	1/2 tsp (2.5 cc)	1 tsp (5 cc)

for cleaning instruments and surfaces:

1:10 dilution

Dry Pool Chlorine ("burn out" or "shock treatment")

65% Calcium Hypochlorite

24.5 grams (about 10 Tbsp) in 1 gallon of water is about equivalent to commercial bleach.

CAUTION: The dry material gives off small amounts of Chlorine gas. This may cause symptoms in some people. Keep the container tightly sealed. Prepare solutions in a well ventilated area. Hypochlorite solution dissolves blood clots: do not use to irrigate wounds.

(antiseptics)

Hydrogen Peroxide (1 pint)
 local wound cleansing
 mouth wash for oral ulcers
 Acetic acid (5%) (equivalent to vinegar)
 irrigate infected wounds (especially good for
 Pseudomonas)
 irrigate ear for external otitis (use 1/2 strength)
 (dressings)
 Gauze pads (4" x 4") (800)
 (200/pack)
 (4 packs)
 Non-sterile gauze pads are cheaper, clean enough
 for most uses, and can be sterilized if necessary.
 A small supply gauze pads should be obtained in
 sterile packs.
 Tape (1 inch) (12 rolls)
 The best tape is Durapore ("silk") tape
 manufactured by the 3M Company. (A similar tape
 manufactured by Johnson & Johnson is not nearly as
 good.) The second choice tape is old fashion
 "canvas" tape. If tape allergy is a consideration,
 Micropore (paper) tape or Transpore (plastic) tape,
 both also manufactured by the 3M Company, will be
 useful. Masking tape (like you would use for
 painting) and Scotch tape are both satisfactory
 substitutes for adhesive tape.
 Conforming roller gauze (4 inch) (12)
 Trade names are Conform and Kerlex.
 Ace Bandage (elastic) (4 inch) (2)
 Sanitary napkins (Kotex) (1 box)
 Besides their intended use, sanitary napkins can be
 useful as field dressings and bulky dressings.
 Bed sheets (several)
 rip into bandage strips

cut into triangular bandages
can be sterilized if necessary

Safety Pins (assorted sizes) (many)

The utility of the lowly safety pin extends from
securing dressings to patching clothes to closing
wounds to building expedient AM radios.

Sewing shears

(surgical instruments for minor wounds)

Forceps (pick ups) (with teeth) (1)

Hemostat (2)

Choices are "mosquito" for fine clamping, regular
hemostat for general work, and Kelly for clamping
larger vessels.

Needle holder (2)

medium for general suturing
small for fine suturing

Scalpel

handle # 3 (general purpose) (1)

blade

10 (general purpose) (5)

11 (stab blade) (5)

Scissors (3)

iris

Mayo (one blade tip sharp, one blunt)

Paramedic

Suture

silk, nylon, Prolene, plain catgut,
chromic catgut, Vicryl, Dexon, Mersaline

sizes 6-0 to 3-0 for general use,

heavier for special use

umbilical tape

most suture with swagged needles

some suture without needles for free hand ties

heavy cotton sewing thread can be sterilized and

Kings_Emergency_Kit_Items_1999.txt

used for expedient suture
scalp wound can be closed by tying strands of
hair together across the wound
wounds have been closed with safety pins when
nothing else was available

(diagnostic equipment)

flashlight (and batteries)
thermometer
stethoscope
sphygmomanometer

(other clinical supplies and equipment)

cotton tip applicators
enema bag
gloves
sterile (to protect the patient)
non-sterile (to protect your self)
ear syringe
for irrigating wounds or ears
for suctioning mouth and nose of newborn

Foley catheter set

KY Jelly

needles

21 gauge
25 gauge

plastic bags

soap (Dial)

surgical masks

protects from airborne infection
offers some protection for short exposure
to fallout if nothing else is available

syringes (3 cc or 5 cc)

plastic (disposable and sterile)
glass (reusable but require sterilization)

writing materials

Kings_Emergency_Kit_Items_1999.txt

notebook
pen
pencil
Sharpie (writes on anything)
(over the counter medications)
antihistamine (useful for treatment of allergy or hives,
nausea, insomnia)
chlorpheniramine
diphenhydramine (Benadryl)
aspirin (1000)
acetaminophen (Tylenol)
adult (1000)
children's chewable
children's liquid
antacid (Maalox, Mylanta, etc.)
liquid works faster and better
tablets keep better
baking soda (NaHCO_3)
component of replacement fluids
eye wash
soaks for dermatitis
antacid (certainly not ideal but works)
decongestant
Afrin nose drops or spray
pseudoephedrine (Sudafed) tablets
Kaopectate
laxative
Senokot
MOM (Milk of Magnesia, in small amounts, is also
useful as replacement source of magnesium (Mg)
for treatment of chronic diarrhea)
tolnaftate (Tinactin) powder
for fungal skin infections
POTASSIUM IODIDE (KI)

To block the thyroid gland to prevent uptake of radioactive iodine from contaminated food and water, take four (4) drops of a saturated solution of potassium iodide (SSKI) daily. (Ref: Nuclear War Survival Skills, p. 114.)

brown bottle with dropper

(to protect the SSKI from light)

KI crystals

Fill the brown bottle about 60% full of KI crystals, add water until the bottle is 90% full, shake well before each use.

NOTE: excess KI must be present to assure that the solution is saturated. Some crystals must remain out of solution.

(prescription drugs)

NOTE: The following is not intended as a self treatment guide, but as a guide to choosing drugs for storage. Always seek medical advice before using these potent drugs, all of which have potentially serious side effects, including death. Antibiotics should not be used when they are not needed (as in viral infections) because of side effects and the risk of selecting out resistant bacteria.

For guidance in determining quantities, the usual duration of treatment for an episode of illness is about 10 days.

All drugs have an expiration date. This is usually determined by the time at which the preparation begins to lose potency. Toxic products may also be formed. DO NOT TAKE OUTDATED TETRACYCLINE; KIDNEY DAMAGE MAY OCCUR.

ALWAYS ASK THE PATIENT WHETHER HE IS ALLERGIC TO THE
DRUG. IF HE HAS A HISTORY OF HIVES (AN ITCHY SKIN RASH)
OR WHEEZING OR SWELLING IN THE MOUTH OR THROAT, DO NOT
GIVE THE MEDICATION, AS A FATAL REACTION MAY OCCUR.

Abbreviations: bid = twice a day
tid = three times daily
qid = four times daily

(antibiotics)

Penicillin V (500 mg tablets) (1000)
500 mg qid for Streptococcal or Pneumococcal
infections
(Although the spectrum is limited, this drug is
relative cheap; also causes fewer side effects such
as diarrhea and vaginitis.)

Amoxicillin (250 mg capsules) (500)
250 mg or 500 mg tid for urinary, middle ear, lower
respiratory infection, some types of bacterial
diarrhea
(This is a broader spectrum penicillin.)

Ampicillin for oral suspension (250 mg/tsp)
1/2 to 1 tsp qid, depending on size of child
(For children who cannot swallow amoxicillin
capsules.)

Erythromycin (mg varies with preparation) (500)
for patient allergic to penicillin
if ethylsuccinate, two 400 mg tablets bid
for pneumonia, some benefit in Staphylococcal skin
infections

Tetracycline (250 mg) (1000)
250 mg or 500 mg qid
for plague, various other insect borne infections,
urinary infections, bronchitis, infected animal

bites, and some venereal diseases

OxyTetracycline for injection

500 mg bid for severe life threatening infections

Intramuscular injection is painful, a local anesthetic may be given simultaneously.

for patients too ill to take oral medications or for illnesses like plague or anthrax which may be fatal before oral medication is absorbed

Metronidazole (Flagyl) (250 mg tablets) (500)

500 mg tid for specific infections

This drug is useful for certain protozoans such as amoebae and Giardia and for anaerobic bacteria such as those that normally inhabit the bowel and the female genital tract. It can be extremely useful in intraabdominal, pelvic, and wound infections caused by such bacteria.

Chloramphenicol (500 mg)

500 mg qid

for anaerobic infections, typhoid and other Salmonella infections, psittacosis, rickettsial infections

This drug causes fatal aplastic anemia in about 1 in 50,000 patients treated with it. It may be difficult to obtain.

Trimethoprim-Sulfamethoxazole (500)

(Bactrim DS, Septra DS)

1 double strength (DS) tablet bid

for urinary infections, some types of bacterial diarrhea, back up drug for sinusitis, bronchitis, ear infections

Some excellent broader spectrum drugs, especially amoxicillin with clavulanic acid (Augmentin) and ciprofloxacin are not included solely because of expense.

(other prescription drugs)

Kings_Emergency_Kit_Items_1999.txt

(this is as far as I have gotten in transcribing Jane's
list)