

Medbag_First_Aid_Kit_2004.txt

CAUGHT ON THE WEB LATEST ADD ON:

First aid kit june 95
Sender: decastro@netcom20.netcom.com

There's been some discussion lately on what sort of things to put into a first aid kit. Here's a (really badly formatted) copy of my medical equipment checklist (normally it's an excel file).

I'm posting it for one reason only. To encourage people to get the training needed to use this stuff. If you don't know what it's for, or how to get it, then you most certainly shouldn't be trying to use it.

This is a LOT of stuff, almost 100 lbs if you include the stretchers, etc.
No, I don't carry it all with me. But, I almost always have it close by.

I feel that I can take care of two major trauma pt's for about 12 hours, 1 major trauma for < 24 hours, or a lot of boo-boos for a week. I don't bother with any cardiac drugs, or a defibrillator. Also, this list doesn't include specialized prophylactics for travel outside the US, althoug
I've taken this stuff to South America to climb mountains.

I'm willing to discuss the contents with anyone, but I reserve the right

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to flame anyone who tells me that posting this is dangerous,
or that I am
since I'm NOT an MD, and can't legally use this stuff on
anyone but myself
(and some of it, I shouldn't use even then). I know what
the laws are, and
I have a pretty good idea of my abilities. If you object,
just let me know
and I'll add you to my list of people to let die.

All readers of this list are on their own. I am NOT
accepting any liability
for your use or misuse of this information.

| Module Purpose | Item | Quan | Spec. |
|-------------------|-----------------------|------|----------|
| Diagnostic | BP Cuff Adult Med | 1 | |
| Diagnostic | Stethscope, dual head | 1 | |
| Diagnostic | Penlight. Mini Mag A | 1 | |
| Diagnostic | Notebook, water resi | 1 | |
| Diagnostic | Pencil, mechanical w | 1 | |
| Diagnostic | Pen, ball point, Spa | 1 | |
| Diagnostic | Hypothermia Thermome | 1 | |
| Diagnostic | Exam Gloves, P2, pr | 10 | |
| Diagnostic | Mask/Face Shield | 4 | |
| Airway | OP Airway set of 6 | 1 | |
| Airway | Mask, Seal Easy | 1 | |
| Airway | Bag-Valve-Mask | 1 | Outsized |
| Airway | Rescuciator, with Ju | 1 | Outsized |

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| | | | |
|----------------------|----------------------|----|----------|
| Dental | Eugenol, 1/2 oz btl | 1 | Oil of |
| Cloves, for fillings | | | |
| Dental | Zinc Oxide 1/2 oz tu | 1 | for |
| fillings | | | |
| Burn | Burn Sheet, Sterile | 1 | |
| Bandage | Bandaids, 3/4" in zi | 36 | |
| Bandage | bandaid, fingertip | 12 | |
| Bandage | bandage, butterfly, | 12 | |
| Bandage | bandage, butterfly, | 12 | |
| Bandage | bandage, steri-strip | 4 | |
| Bandage | Dressing, Combat, 4x | 4 | |
| Bandage | Gauze roller elastic | 2 | |
| Bandage | Gauze roller elastic | 2 | |
| Bandage | Dressing, Multi-Trau | 2 | |
| Bandage | Dressing, Abd, 5x9 | 4 | |
| Bandage | Sponges, surgical, 4 | 10 | |
| Bandage | Bandage, Triangular | 4 | |
| Bandage | Bandage, Self-adheri | 1 | Coban |
| Bandage | Dressing, Blister (S | 1 | Spenco |
| Blister Kit | | | |
| Splint | Sam Splint | 1 | |
| Splint | Air Splint, Full Leg | 1 | |
| Splint | KTD or Sager B/l | 1 | Outsized |
| (Sager) | | | |
| Splint | KED or OSS | 1 | Outsized |

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|-------------------------------|----------------------|---|------------|
| Splint | Backboard (full leng | 1 | Outsized |
| Splint | Cervical Collar, Sti | 1 | Stiffneck, |
| reg | | | |
| Splint | Cervical Collar, Sti | 1 | Stiffneck, |
| short | | | |
| Splint | Cervical Collar, Sti | 1 | Stiffneck, |
| tall | | | |
| Splint | Ladder Splint | 2 | |
| Splint | Stokes Stretcher set | 1 | Outsized |
| Splint | Stretcher, GI Pole, | 1 | Outsized |
| Splint | Pole, clamp on, IV a | 1 | Outsized |
| Splint | Duct Tape, Roll | 1 | With |
| Backboard | | | |
| Misc | Space Rescue Blanket | 2 | |
| Misc | Space Rescue Bag | 2 | |
| Misc | Sawyer Snakebite kit | 1 | |
| Misc | Paramedic Shears | 1 | |
| Misc | Kit, field surgical | 1 | |
| Misc | Ziplock bag, freezer | 4 | |
| Misc | Ziplock bag, freezer | 4 | |
| Misc | Ziplock bag, freezer | 4 | |
| Misc | Seam Ripper | 1 | |
| Misc | Pressure Infuser Bag | 1 | |
| Misc | Blanket, disposable | 2 | |
| Misc | OB Kit, disposable | 1 | |
| Misc | Lighter, Butane | 1 | |
| Misc | Cold Pack, chemical, | 4 | |

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| | | |
|------------|---------------------------|-------|
| Misc | Heat pack reusable, | 2 |
| Misc | Applicators, cotton | 10 |
| Misc | Tincture of Benzoin | 25 |
| Misc | Smoke flare, 60" | 1 |
| Misc | Scissors, Iris, smal | 1 |
| Misc | Scissors, 4 1/2" Lis | 1 |
| Misc | Candle, long-burning | 1 |
| Misc | Toilet Paper, partia | 1 |
| Misc | Syringe, 30 cc steri | 2 |
| irrigation | | for |
| Misc | Scalpel blade, #11, | 4 |
| Misc | Scrub Brush, surgica | 2 |
| Misc | Suture, 3-0 vicryl | |
| Misc | Suture, 3-0 nylon | |
| Misc | Suture, 5-0 vicryl | |
| Misc | Suture, 5-0 nylon | |
| Misc | Suture, 0 nylon | |
| Misc | Electrolyte replacem | 4 |
| Misc | Tape, waterproof clo | 2 |
| Misc | Penrose drain, steri | 2 |
| Misc | Ammonia Inhalant | 6 |
| Misc | Iodine Water Purification | 1 |
| Misc | Catheter, Indwelling Fole | 2 |
| Catheter | | Foley |
| IV | IV Prep Set | 5 |
| IV | IV Admin Set, Macrod | 3 |
| IV | IV Admin Set, Minidr | 2 |

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| | | |
|-----------------------|-----------------------|------------|
| IV | IV Extension Tubing | 2 |
| IV | Angiocath, 20 ga, 1 | 3 |
| IV | Angiocath, 16 ga, 1 | 2 |
| IV | Angiocath, 16 ga, 3 | 1 |
| IV | Lactated Ringers 100 | 2 |
| IV | Lactated Ringers 500 | 2 |
| IV | Normal Saline 1000 ml | 2 |
| IV | Normal Saline 500 ml | 2 |
| IV | D5W 1000 ml bag | 2 |
| IV | DW irrig 500 ml bott | 1 |
| IV | Tourniquet, IV, velc | 1 |
| Drug | Ibuprofen, 500 mg ge | 1 |
| Drug | Sunscreen, spf > 15, | 1 |
| Drug | Chapstick, with spf, | 2 |
| Drug | Bendadryl, 24 mg, 50 | 1 |
| Drug | Naproxyn Sodium, 220 | 2 |
| NSAID | | Analgesic, |
| Drug | Neosporin oint, 3 gm | 10 |
| Drug | Neosporin Opth oint, | 1 |
| Garamycin oph oint ** | | or |
| Drug | Povidone Oint, 3 gm | 20 |
| Drug | swabs, alcohol | 25 |
| Drug | instant glucose, tub | 2 |
| Drug | Xylocaine 5 ml inj | 1 |
| analgesic | ** | topical |
| Drug | Xylocaine, with epi, | 1 |
| analgesic | ** | topical |

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| | | | |
|--------------------|-------------------------|----|-------------------|
| Drug | Antacid tablets, uni | 24 | |
| Drug | Antihistimine tablet | 24 | |
| Drug | throat lozenges, uni | 12 | |
| Drug | Imodium AD tablets | 24 | |
| Drug | Toradol inj 30 mg/ms | 1 | Analgesic, |
| NSAID | ** | | |
| Drug | Toradol tab | 24 | Analgesic, |
| NSAID | ** | | |
| Drug | Morphine Sulfate, 10 | 2 | Analgesic |
| ** | | | |
| Drug | Septra DS | 50 | Bacterial |
| siusitus, ** | | | |
| Drug | Acetaminophen 500 mg | 2 | 50's |
| Drug | Anti-fungal powder 4 | 1 | Tinactin, |
| Micatin or equal | | | |
| Drug | Biaxin 500 mg | 24 | Resp. |
| Infections | ** | | |
| Drug | Flagyl 500 mg | 24 | Parasitic |
| Infections | ** | | |
| Drug | Keflex 500 mg | 24 | Wound and |
| resp. infections** | | | |
| Drug | Rocephin Inj (dried) | 1 | Systemic |
| infections | ** | | |
| Drug | Sterile Saline Inj, | 1 | for |
| | reconstituting Rocephin | | |
| Drug | Silvadene Oint 85 gm | 1 | For burn |
| treatment | ** | | |
| Drug | Epinephrine 1:1000 a | 2 | |
| Anaphylactic shock | ** | | |
| Drug | Levsin SL | 12 | Cramps assoc with |

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gastroenteritis

| | | | |
|------|-------------------------|----|-----------|
| Drug | Insecticide with >30 | 2 | deet |
| Drug | Pepto-bismol tabs, u | 4 | unit dose |
| Drug | Syringe, 5cc with 20 ga | 10 | |