

CAUGHT ON THE WEB LATEST ADD ON:

First aid kit june 95

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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, although 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

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 Legend	Quan	Spec.
Diagnostic	BP Cuff Adult Med	1	
Diagnostic	Stethoscope, dual hea	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	Band-aids, 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	for
irrigation			
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	Foley
Catheter			
IV	IV Prep Set	5	
IV	IV Admin Set, Macrodr	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 m	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	Analgesic,
NSAID			
Drug	Neosporin oint, 3 gm	10	
Drug	Neosporin Opth oint,	1	or
Garamycin opth oint **			
Drug	Povidone Oint, 3 gm	20	
Drug	swabs, alcohol	25	
Drug	instant glucose, tub	2	
Drug	Xylocaine 5 ml inj	1	topical
analgesic	**		
Drug	Xylocaine, with epi,	1	topical
analgesic	**		

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Drug	Antacid tablets, uni	24	
Drug	Antihistimine tablet	24	
Drug	throat lozenges, uni	12	
Drug	Immodium 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	