

MORE THAN JUST SURVIVING

/The Ultimate First Aid Supplies Checklist

/ Medicine

1. Specialized Medicine

- Insulin & Metformin
- Beta Agonists (like Ventolin)
- Antihistamines (like Loratadine)
- Doxylamine Succinate
- Phenylephrine
- Epinephrine Pen
- AmoxFin
- Ammonia Inhalant
- Oral Rehydration Salts
- Penicillin

2. Topical Supplies

- Antiseptics
- Burn-Gel
- Hydrocortisone Cream
- Anti-Fungal (like Clotrimazole)
- Emollients (like E45 & Oilatum)
- Anti-Bacterial Soap
- Sunscreen
- Bug Spray
- Topical Decongestant & Analgesics

3. Gastronomic Medicine

- Calcium Carbonate
- Bismuth Subsalicylate
- Loperamide Hydrochloride

4. Pain & Inflammatory

- Ibuprofen
- Acetylsalicylic Acid
- Acetaminophen
- Naproxen
- Codeine

/ Situation Specific Kits

5. Cuts, Wounds & General

Trauma Kit

- Alcohol
- EMT Shears
- Gauze
- Super Glue
- Butterfly Strip Stitches
- Gauze Bandages
- Gauze Clips
- Plasters/Bandages
- Hydrogen Peroxide
- QuikClot
- CPR Mask
- Asherman Chest Seal
- Hand Sanitizer
- Israeli Bandage
- Telfa Pad
- Duropore Tape
- Transpore Tape
- Burn Dressing
- Hemostatic Bandages
- Duct Tape
- Tourniquet
- Oil Emulsion Dressing
- Eye Wash/Flush Solution
- Muslin Triangular Bandage

6. Diagnostic Kit

- Thermometer
- Stethoscope
- Auriscope
- Phymomanometer
- At-Home Diagnostic Kits

7. Fracture Kit

- SAM Splint
- Sling
- Orthopedic Cast Plaster
- Plaster Splints
- Cotton Undercast Padding

8. Dental Kit

- Instruction Book
- Oral Analgesic Gel
- Tooth Cement
- Hydrogen Peroxide
- Heat Activated Moldable Plastic Pellets
- Dental Extraction Forceps
- Dental Mirror
- Dental Picks
- Cheek Retractor

9. Surgical & Miscellaneous

- Surgical Stainless Steel Emesis Basins
- Eye & Skin Flush
- Obstetrical/Birthing Kit
- Scalpels & Dissection Kit
- Pure Cotton Towels
- Headlamp
- Tick Tweezers
- Heat & Cold Packs
- IV Kit
- Re-Usable Surgical Gowns
- Surgical Mask
- Surgical Gloves (Nitrile)
- Sutures
- Helping Hands Magnifying Glass
- Needles & Syringes
- Sterile Cotton Balls
- Cotton Swabs
- Surgical Rags
- Ear Syringe