

NOTE:

This is only a list of suggestions, ***you are responsible*** for the final decisions.
Ensure that you are ***current*** with your First Aid and CPR training
Consult with your family doctor or medical professional

● **Medications:**

- Pain Control
 - Acetaminophen
 - Ibuprofen
- Anti-pyretic (fever control)
 - Acetaminophen
- GI Upset
 - Diarrhea
 - Loperamide
 - Peto Bismol
 - Constipation
 - Stool softener/laxative
- Nausea/vomiting/sea sickness
 - Dimenhydrinate (Gravol)
- Prescriptions from MD
 - Stronger pain relief
 - Antibiotics
 - Epipen etc

● **Wound Care:**

- Cleanser (Saline 0.9%)
- Band-aids (various sizes & knuckle)
- Wound closures
- Non adherent dressings
- Gauze dressings
- Abdo Pads
- Roller gauze
- Antibiotic ointment (Polysporin)

● **Burn Care:**

- Cooling gel
- Gel packs (2nd Skin)

● **Major Trauma:**

- Pressure bandage
- Tourniquet
- Chest seals
- Quick clot

● **Airway:**

- Pocket mask/face shield
- OPA/NPA (if trained in)

● **Fractures & Sprains:**

- Splints
- Padding
- Tensor bandage
- Cold pack

● **Misc: PPE, Tools**

- PPE: gloves (non latex),
face shield, eye protection
- Tweezers, thermometer, penlight
- Pencil & paper

● **Environmental: (Wet/Cold)**

- Hot packs
- Space blanket
- S.O.L. bivy

● **Specialized Equipment:**

- as per training & skill set