

SHTF EMERGENCY MEDICAL AND HEALTH SUPPLY LIST

Medical Reference Books:

- Emergency War Surgery, Nato Handbook
- US Army Special Forces Medical Book
- Drug reference book (relatively new)
- "Medical Emergency!"

Medical Videos on USB:

- Setting Bones
- Sutures
- Wound Care/Closure
- Striving for sterile technique in the field

Antibiotics : **, ****

- Ampicillin
- Amoxicillin
- Ciprofloxacin
- Docycycline
- Metronidazole
- Penicillin
- solar calculator

These are widely available veterinary medications, and may be obtained legally through many sources. Look for food grade/human grade products. Some are injectable, and needles/syringes, routes of administration and human dosing calculations are required. I can post about that separately. The conversion factor, "1lb=2.2kg " is important to keep handy. Be sure to get a drug book, syringes-etc, and solar calculator to find appropriate dose. **Make it your priority to be aware & have record of anyone's allergies in your group!****

Syringes (luer-lock, individually wrapped/sterile):

- 1 mL
- 3 mL
- 5 mL
- 10 mL
- 25 mL
- 60 mL *60mL may only be necessary if you have fluids like NaCl, lactated ringers, etc., I believe. Maybe not necessary if no fluids.

Needles:

- 25g
- 22g
- 20g
- 18g
- 16g *I honestly don't know if any larger gauge is used in human medicine-- please let me know if you know*

Fluids, IV catheters, Fluid lines, etc:

- Normal Saline (0.9% NaCl)
- Lactated Ringers
- 20g catheter
- 18g catheter
- Macro drip (15drops/mL) fluid administration lines *the wheel on the line lets you monitor/adjust flow rate w/out electricity. This becomes important in cases of severe dehydration/fluid loss because these fluids contain sodium. If you plan on including fluids in your kit, please also consult a reference for appropriate dosages. Please ask me about this if you want further info.*
- Injection caps

consult references as to how/where to place a catheter, otherwise these supplies may come in handy if you meet someone in the medical field that may help you but has no supplies **Severe loss of body fluids (dehydration, etc.) results in sodium deficiencies. Correcting sodium deficiencies too quickly results in neurological complications.**

General Supplies/PPE:

- Ear-loop surgical masks
- Sterile surgical gloves (in your size plus maybe a few other common sizes)
- Protective airway mask
- Tongue depressors
- Cotton swabs
- Gauze 4x4 squares (not nec. sterile-- to make alcohol/iodine/clorhex scub sponges)
- Eye protection

Band-aids:

- Various sizes/types
- Fingertip coverings

Gauze:

- 4x4 (sterile)
- 3x3 (sterile)
- Various sizes of cling gauze (2",3",5")
- Non-adhesive gauze (Vaseline gauze, 4x4)

Wound Covering:

- Compression dressings
- White porous tape
- 3-Cut waterproof tape
- Vetwrap 2",4"
- Bread bags (these can be used to keep bandages dry/intact)

Hemostasis:

- Quick Clot
- Silver nitrate caustic sticks ("Silverin")
- Surgical glue (superglue)
- Sutures
- Compression bandages
- 3M Steri-strips adhesive closures- various sizes *I'm not familiar with how well these will hold up in SHTF situation; so I will keep sutures on hand as well, JIC.**
- Lidocaine HCL 1% 10mg/mL (may require a prescription) *to be injected in small amounts into skin layer (subcutaneous) around a wound to numb for cautery, sutures, etc. Use 1 mL syringe, 25 g needle (smallest) to place appleseed-sized "pockets" of lidocaine just underneath the skin.

Antiseptic/Bactericidal/Sanitation:

- Hibiclense Antimicrobial /Antiseptic skin cleanser (15 mL liquid packets)
- Lysol Handi Pack disinfecting wipes
- PDI Super SaniCloth germicidal wipes
- Alcohol wipes
- Grime Boss hand wipes
- Hand sanitizer
- Moist towelettes

Solutions:

- Peroxide 3% ***Also for use as an emetic: 1tbsp/20lbs***
- Isopropyl alcohol 70%
- Hibiclense
- Chlorhexidine gluconate 0.2%***Chlorhexidine is toxic to the tympanic membrane of the ear and the cornea of the eye.***
- Boston round (plastic squeeze bottle) 1x 8 oz., 1x 2 oz.

Creams/gels:

- Neosporin
- Hydrocortizone 1%
- Calamine cream
- 1% silver sulfadiazine cream
- Hemorrhoid cream
- Athlete's foot medication
- Metronidazole cream
- Desican
- Aloe gel
- Sunblock (packets, sticks)
- Vaseline
- Chapstick

Injury/Eye injury/burns:

- BurnJel
- Vaseline Gauze (non-adhesive bandage)
- 3x3 gauze sponges
- 2"conforming gauze
- Eye wash
- Eye wash cups
- Eye lubricant/artificial tears
- Small mirror
- Instant ice pack
- Hot water bottle **avoid touching with creams/oils- avoid in latex allergy**

On-hand "medicine cabinet" items:

- Pre-contact poison ivy/oak wipes
- Technu
- Benedryl
- Various cold remedies
- Stomach medications (antacid, anti-diarrheal)
- Ibuprofen
- Neosporin
- Carmex
- Sunblock
- Bug wipes (in a pinch, Listerine repels bugs. Sticky, but it works- I keep a travel size bottle JIC)
- "SplinterOut"
- Moleskin
- Eyeglass cleaning wipes
- Protective glasses
- Dust mask
- GoldBond foot powder

Special/radioactivity meds, Etc:

- Potassium iodate pills (KI03)
- Surgical instrument kit
- Hypothermia blanket
- Head Lamp/pen flash light ****Must rotate out old batteries!!****
- Glowsticks
- Watch with second hand