



Essential Medical Kit Checklist

THE LIST

Whether you buy a first aid kit or put one together, make sure it has all the items needed to perform the following tasks:

Preventative care	Prevent and stop bleeding
Prevent Sunburn	Maintain dental hygiene practices
Blister treatment	treat burns
Treat insect/animal bites and stings	Remove venom
First-Aid/First Responder training courses.	Repel insects
Initial patient assessment	Remove stingers, splinters, etc.
Perform Secondary, Head-to-Toe survey	Diagnose basic medical problems
Protect caregiver from infection when treating others	ABC's Airway, Breathing, Circulation

Recognize serious signs and symptoms	Measure and control body temperature
Determine blood pressure	Determine heart rate
Disinfect wounds	Treat & Protect Wounds
limb immobilization and Splinting	Wound cleaning and irrigation
De-bridge wounds	Bandage and dress wounds
Suture/close lacerations	
Repair minor dental problems	Provide Ongoing Care
Relieve pain	Reduce/prevent swelling
Reduce fever	Alleviate allergy symptoms
Fight infection (antibiotics)	Prevent shock
Prevent Dehydration	Muscle relaxer
Treat Exposure	Heat & Ice packs
	Miscellaneous

Additional Recommended medical supplies for the first-responder trained Prepper:

30 day supply of prescription medications		30 day supply of over-the-counter and medications and multi vitamins	
List of patient info for each person on their person		Knowledge of all blood types of all persons	
IV supplies to start at least one IV per person.		Transfusion capability for one transfusion for each three people covered	
3 liters of solution per person		Extra needles for missed punctures	

NOTE:

DO NOT perform any medical procedure that you are not properly trained for.

Preppers Medical Supplies

The American Red Cross recommends that all first aid kits for a family of four include the following to sustain the Minimum Capabilities to perform the following treatments for a 1 month period:

2 ea 5 x 9 inch absorbent compress dressings		Adhesive bandages of assorted sizes	
10 yards of 1 inch adhesive cloth tape		Several antibiotic ointment packets/spray	
Antiseptic wipe packets		Several 81 mg packets of aspirin	
1 space blanket per person		Reusable instant cold compresses that can be sterilized	
1 ea one-way valve breathing barrier		Non-latex gloves of various sizes	
hydrocortisone ointment packets		Scissors	

3 inch wide (ace-type) roller bandages		4 inch wide (ace-type) roller bandages	
Several 3x3 sterile gauze pads		Several 4x4 inch sterile gauze pads	
3 Non-mercury/non-glass oral thermometers		2 triangle bandages	
Tweezers		Sterile suture kits	
First aid instruction manual and reference books		Face Mask (N95 or other surgical mask)	
Eyewash solution		IV Hydration	
Blood glucose meter/spare batteries (if needed)		EpiPens (for severe allergic reactions)	

NOTE:

Check expiration dates and replace any used or out-of-date contents.