



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:

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| 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 |

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| 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:

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| 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:

| | | | |
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| 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 | |

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| 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.