

# Medical Home Supplies

## *For Home Emergences*

### WOUND CARE

- Alcohol wipes and/or iodine wipes (two dozen)
- Water packets (Four 4 oz; used to clean wounds & swallow medication)
- Bottle of alcohol-based hand sanitizer
- Tincture-of-benzoin swabs – sticky, helps bandages stick. (twelve)
- Spray container of *Bactine* (anti-bacterial, analgesic pain killer)
- Tube of Vaseline
- Tube of Tri-antibacterial ointment and/or 24 individual packets
- Butterfly strips (*Walgreens*) or *Steri-strips* to close wound (ten)
- Assorted gauze patches (10 of each)
- Quick Clot clotting sponges (one 25 gram, one 50 gram)
- Bandages (48 regular, 24 large)
- Large *Kotex* pads - severe bleeding bandage (Six)
- Tampons – for inside deep laceration (six)
- Nonstick Dressing pads (six)
- Coban self-adherent wrap (Two each: 4", 2" and 1" rolls)
- Large and small ACE bandage (2 each)
- Large triangular cloth bandage, 40" X 40" X 56" (four)
- Sam splint (Adjustable splint: one large and one small)
- Mole skin (4" X 8" patch)
- 2<sup>nd</sup> Skin Moist Burn Pads (two large patches, can be cut to size)

### MEDICATIONS

- Aspirin - heart attack or stroke, pain, reduces temperature
- Ibuprophen - pain, anti-inflammatory, reduces temperature
- Aleve – pain, anti-inflammatory
- Anti-diarrhea tablets (*Imodium*)
- Pepto-Bismol tablets - nausea
- Antihistamine (*Zyrtec* or *Benadryl*) – allergies
- Antifungal ointment – athlete's foot, etc. (*Desenex*, *Lotrimin*)

### TEMPERATURE TREATMENT

- Chemical cool packs (six)
- Chemical hot packs (six 12 hour)

### TOOLS

- Latex gloves (12 large pairs, 12 medium)
- Head Lamp with extra batteries (two)
- Bandage scissors (for cutting clothing and bandages)
- Large safety pins (six)
- Large needle (splinter removal)
- Quality tweezers (splinter and debris removal)
- Curved and strait hemostats – for pinching off severed blood vessel (two)
- Particulate masks -treating diseased patient (twelve)
- Thermometer
- CPR mask
- Duct tape (12' wrapped on 2.5" PVC pipe; numerous uses in an emergency situation)

***Adventure Medical Kits*** – excellent products for a fair price.