

Recommended Supplies

(First Aid)

Patient Transportation-

- Large, non-stretchy sheets
- MegaMover (tarp with handles)
- Backboard (with spider straps)
- Cervical collar
- HeadBed
- Towels for padding

Personal Protective Equipment-

- Correctly fitted N-95 masks (qty: 10+)
- Goggles/eye protection
- Nitrile gloves (non-latex) (qty: 1 box+)
- Weather-appropriate clothing
- CPR face mask
- Safety vest/ultra high-vis clothing

Basic Wound Control-

- 4x4 and larger non-sterile gauze
- 4x4 and larger sterile gauze
- Coban (colored sticky wrap)
- 2inch cloth tape
- 1inch tape
- Roller gauze (for packing/wrapping)
- Trauma dressings (large pads, abd pad)
- Xeroform or other occlusive dressings
- Combat tourniquet (CAT recommended) (also popsicle-sticks for make-shift option)
- (Many, many) triangle bandages (very useful for many things)
- Permanent marker to mark time of tourniquet placement
- Bandages of all sizes

Basic Splinting-

- Basic cardboard splints
- Cardboard cut to approximate desired size
- Tape
- SAM splint
- Triangle bandages
- Small/medium towels/gauze (for cushioning)

Miscellaneous Other Items-

- Snacks for yourself (this is draining work!)
- Emergency blanket (for preventing heat loss)
- Water/gatorade
- Pen/paper/clipboard for notes
- Oral glucose (tablets or paste)
- Aspirin 81mg chewables (careful here)
- Scissors (trauma shears are great)
- Bright LED flashlight/penlight
- Flares (if roadway emergency)
- Biohazard/disposal bag(s)
- Flask of your favorite liquor (for afterward)