

Kevin King
Tyler, TX
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Dear Ken:

I am happy to share my list of medical equipment and supplies.

FANNY refers to a "fanny pack", a small 7 pocket day-pack which I purchased from SI.

KEEPWITH is a list of the stuff I want close; in the car if possible.

BUGOUT is a collection to grab if evacuation is ever necessary.

CAMPING includes the things we usually take on a camping trip. Hopefully, it includes enough to camp out for 2 weeks.

STORM will eventually be the all inclusive inventory list. It will add to CAMPING the reserve inventory and the necessities for shelter living.

MEDICAL LIST is Jane Orient's project. I received it as hard copy and have gotten only part of it in the computer.

I hope you find some of this helpful. Feel free to edit it to fit your needs.

Sincerely,
Kevin King

FANNY

alcohol wipes	(cassette tape box full)
aspirin (adult, pedi)	(1 bottle each)
Band-Aids	(cassette tape box full)
bandana (camo)	(1)
Betadine ointment	(cassette tape box full)
Betadine wipes	(cassette tape box full)
chap stick	(1)
gloves (exam)	(4 pair)
Magic Marker (black)	(1)
magnifying glass	(1)
safety pins	(8)
signal mirror	(1)
soap (Dial)	(1)
tape (1" silk)	(wrapped on matchstick, stored in 35 mm film can)
towel (hand size)	(1)
Tylenol (adult, pedi)	(1 bottle each)

Fluid Therapy Formula

Water Deprivation

Diarrheal Losses

Cola soft drinks, straight, half strength, bubbles shaken out

Orient Formula

water	1 quart
sugar	10 teaspoons
baking soda	1/3 teaspoon
(sodium bicarbonate)	
Lite Salt	1 teaspoon
(Morton, KCl, NaCl, NaI)	

KEEPWITH

SMALL FIRST AID KIT (REI) (some duplication of FANNY)
(equipment)

eye shield

	gloves sterile	(2 pair)
	mirror (signal)	
	needles	
	18 g	(2)
	20 g	(2)
	pill vials	(3)
	Q-Tips	(5)
	razor blade	
	safety pins	(25 in assorted sizes)
	suture	
	3-0 Dexon	(1)
	4-0 Nylon	(3)
	syringe	
	3 cc	(1)
	thermometer	
	tongue blades	(5)
(instruments)		
	hemostat: mosquito	(2)
	nail clippers	
	needle holder	(1)
	pickups with teeth	(1)
	scalpel handle	(1)
	scalpel blades	
	#15	(1)
	#11	(1)
	#10	(1)
	scissors: straight Mayo	
(prep)		
	alcohol wipes	(4)
	Betadine ointment	(6)
	Betadine prep	(4 oz)
	Betadine wipes	(4)
	Dial soap (motel)	(1)
(dressings)		
	Band-Aids	(6)
	cotton balls	
	eye dressing (pads)	(2)
	field dressing	(2)
	(battle dressing)	
	(Carlyle dressing)	
	(pressure dressing)	
	roller gauze 1"	(1)
	sponges	(2 packs with 2 each)
	tape (1" silk)	(wrapped on matchstick stored in 35 mm film can)
	triangle bandage	
	38" side, 54" hypotenuse	
	36" side, 50" hypotenuse	
	Vaseline gauze	(1)
(drugs, prescription)		
	Benadryl 50 mg/cc	(1 ampule)
	Epinephrine 1:1000	(2 ampules)
	Lomotil	(12 tabs)
	Xylocaine (1% plain)	(20 cc)
(drugs, non-prescription)		
	aspirin (adult)	
	Neosporin Ointment	
	oil of cloves	(1 oz)
	Tylenol (adult)	
	Maalox	

(other first aid supplies) (not in small REI)
air splints
pocket mask with valve
ingredients for fluid replacement
sugar
NaCl
NaHCO3
Morton's Lite Salt
snake bite kit
survival blanket

BUGOUT (this is about as far as my editing goes)

LARGE FIRST AID KIT (REI)

(equipment)

pill vials (4)
tongue blades (2)
gloves (sterile)
suture (1 of each)
4-0 Dexon
5-0 Dexon
4-0 Nylon
5-0 Nylon
6-0 Nylon
3-0 Silk ties
4-0 Chromic
needles
18 g (2)
20 g (2)
syringe
3 cc (1)
razor blade (Weck) (5)
safety pins (25 in assorted sizes)
insect repellent (REI Jungle Juice)

(instruments)

needle holder
hemostat (straight) (3)
scissors
straight Mayo
Paramedic
pickups without teeth
scalpel handle
scalpel blades
#15 (1)
#11 (1)
#10 (1)
signal mirror

(prep)

Betadine solution (4 oz)
Betadine wipes (4)
Betadine ointment (6)
Neosporin ointment (8)
alcohol wipes (4)
liquid soap (Campsuds) (2 oz)

(dressings)

Band-Aids (15)
Field dressing (4) (battle dressings, Carlyle
pressure dressings)
grease gauze
Vaseline (1)
Adaptic (1)

- sponges (4)
- tape (1" satin tape wrapped on matchstick and
stored in a pill vial)
- Triangle bandage (54" hypotenuse)
- (drugs, prescription)
 - Benadryl 50 mg/cc (1)
 - Epinephrine 1:1000 (2)
 - Atropine 0.4 mg/cc (5)
 - Lomotil (12)
- (drugs, non-prescription)
 - ASA (adult)
 - Tylenol (adult)
 - Maalox
 - NaCl (salt) tablets

CAMPING (some of this stuff is because I
am an anesthesiologist)

COMPREHENSIVE LIST OF FIRST AID SUPPLIES
(equipment)

- O-P airways
- N-P airways
- tongue blades
- ET tubes (1 each)
 - 8.0 cuffed
 - 7.0 cuffed
 - 6.0 cuffed
 - 5.5 uncuffed
 - 6.0 uncuffed
 - 6.5 uncuffed
- stylet
- laryngoscope
 - pedi handle
 - blades
 - Miller #3
 - Mac #3
- McGill forceps
- Ambu bag
- Crico-Thyrotomy tube
- suction hose
- tonsil suction tip
- suction catheter (14f)
- DeLee (new born) suction trap
- ear syringe (suction bulb)
- stethoscope
- gloves
 - exam
 - sterile
- Steri-Strips
- suture
 - 4-0 Dexon
 - 5-0 Dexon
 - 6-0 Dexon
 - 3-0 Nylon
 - 4-0 Nylon
 - 5-0 Nylon
 - 6-0 Nylon
 - 3-0 Silk ties
 - 4-0 Silk suture
 - 6-0 Silk suture
 - 4-0 Chromic

- needles
 - regular 18, 20, 25
 - spinal 18, 22, 25
- syringes
 - 1 cc
 - 3 cc
 - 5 cc
 - 20 cc
- splints (wire and air)
- tourniquet
- chest tube
- Salem sump (18f, 14f)
- umbilical cord clamp
- Foley catheter
- thermometer
- eye dropper
- Q-Tips
- razor blades
- safety pins
- cotton sewing thread and needle
- (instruments)
 - needle holder
 - hemostat
 - mosquito
 - regular
 - Kelly
 - scissors
 - tissue
 - suture
 - iris
 - Paramedic
 - pickups
 - with teeth
 - without teeth
 - splinter
 - scalpel handle
 - scalpel blades: #15, #10, #11
- (prep)
 - Betadine scrub brush
 - Betadine prep
 - Betadine paint
 - Betadine wipes
 - Betadine ointment
 - hydrogen peroxide (H2O2)
 - alcohol
 - alcohol wipes
 - antiseptic towelettes
- (dressings)
 - ABD's
 - Ace bandage (3" and 4")
 - Band-Aids
 - Eye patches
 - Eye shield
 - Field dressings (Battle dressings, Carlyle pressure dressings)
 - Gauze roller bandage (2" and 3")
 - Grease Gauze dressing (Adaptic, Vaseline)
 - Kotex
 - Moleskin
 - Safety pins

Sponges (3" x 3" or 4" x 4")

Steri-Strips

Tape (satin or canvas)

1"

2"

3"

Triangle bandage (54" hypotenuse)

bed sheets (for dressings)

(drugs, prescription)

Penicillin (oral and parenteral)

Amoxicillin (oral and parenteral)

EES (Erythromycin) (oral)

TCN (Tetracycline) (oral and parenteral)

Antibiotic ointments (general, eye)

Antibiotic drops (eye)

Atropine (ACLS, Chemical Agents)

Benadryl (capsules, injection)

Compazine (oral, rectal, parenteral)

Decadron (parenteral)

Diamox (altitude sickness) (oral)

Droperidol (parenteral)

Epinephrine (parenteral)

Lasix (oral, parenteral)

Lomotil (oral)

Narcan (parenteral)

NTG (Nitroglycerine) (sub-lingual)

Ophthane

Opiate Analgesics

ASA with Codeine

Tylenol #3

Morphine (parenteral)

Xylocaine (ACLS, suturing)

(drugs, non-prescription)

ASA (adult and pedi)

Tylenol (adult and pedi)

Alcohol

baking soda (eye wash and soaks for dermatitis)

Calamine lotion

Chapstick

Chlorox

Colace

Desenex

powder

ointment

Ipecac

KaoPectate

Maalox

NaCl tablets (salt)

NeoSporin ointment

Nose drops (Afrin and NeoSynephrine)

Oil of cloves

Robitussin

Throat lozenges

Vaseline

Vicks

Vitamins

Multi

Vit C, 25 mg/day

Zinc oxide paste

(fluid replacement)

clear liquids (tea, bouillon, Jello)

ORAL REPLACEMENT

water 1 liter
NaCl 1 tsp
NaHCO₃ 1/2 tsp

IV

normal saline 1000 cc
lactated ringers 1000 cc
D5/W 500 cc
D50/W 50 cc
administration sets
extension sets
Jelcos
pressure bag

(dental)

Oil of Cloves
Tiny cotton balls
Dental pickups

STORM

(First aid supplies are essentially the same items as for CAMPING; the quantity in the inventory is simply increased as finances allow.)

MEDICAL LIST

(disinfectants)

Betadine scrub (1 pint)
Betadine solution (1 pint)
Chlorox (5.25% solution)
for water purification:
volume clear cloudy
1 qt 2 drops 4 drops
1 gal 8 16
5 gal 1/2 tsp (2.5 cc) 1 tsp (5 cc)
for cleaning instruments and surfaces:
1:10 dilution

Dry Pool Chlorine ("burn out" or "shock treatment")

65% Calcium Hypochlorite

24.5 grams (about 10 Tbsp) in 1 gallon of water is about equivalent to commercial bleach.

CAUTION: The dry material gives off small amounts of Chlorine gas. This may cause symptoms in some people. Keep the container tightly sealed. Prepare solutions in a well ventilated area. Hypochlorite solution dissolves blood clots: do not use to irrigate wounds.

(antiseptics)

Hydrogen Peroxide (1 pint)
local wound cleansing
mouth wash for oral ulcers

Acetic acid (5%) (equivalent to vinegar)

irrigate infected wounds (especially good for Pseudomonas)

irrigate ear for external otitis (use 1/2 strength)

(dressings)

Gauze pads (4" x 4") (800)
(200/pack)
(4 packs)

Non-sterile gauze pads are cheaper, clean enough

for most uses, and can be sterilized if necessary.
A small supply gauze pads should be obtained in
sterile packs.

Tape (1 inch) (12 rolls)
The best tape is Durapore ("silk") tape
manufactured by the 3M Company. (A similar tape
manufactured by Johnson & Johnson is not nearly as
good.) The second choice tape is old fashion
"canvas" tape. If tape allergy is a consideration,
Micropore (paper) tape or Transpore (plastic) tape,
both also manufactured by the 3M Company, will be
useful. Masking tape (like you would use for
painting) and Scotch tape are both satisfactory
substitutes for adhesive tape.

Conforming roller gauze (4 inch) (12)
Trade names are Conform and Kerlex.

Ace Bandage (elastic) (4 inch) (2)

Sanitary napkins (Kotex) (1 box)
Besides their intended use, sanitary napkins can be
useful as field dressings and bulky dressings.

Bed sheets (several)
rip into bandage strips
cut into triangular bandages
can be sterilized if necessary

Safety Pins (assorted sizes) (many)
The utility of the lowly safety pin extends from
securing dressings to patching clothes to closing
wounds to building expedient AM radios.

Sewing shears
(surgical instruments for minor wounds)

Forceps (pick ups) (with teeth) (1)

Hemostat (2)
Choices are "mosquito" for fine clamping, regular
hemostat for general work, and Kelly for clamping
larger vessels.

Needle holder (2)
medium for general suturing
small for fine suturing

Scalpel
handle # 3 (general purpose) (1)
blade
10 (general purpose) (5)
11 (stab blade) (5)

Scissors (3)
iris
Mayo (one blade tip sharp, one blunt)
Paramedic

Suture
silk, nylon, Prolene, plain catgut,
chromic catgut, Vicryl, Dexon, Mersaline
sizes 6-0 to 3-0 for general use,
heavier for special use
umbilical tape
most suture with swagged needles
some suture without needles for free hand ties
heavy cotton sewing thread can be sterilized and
used for expedient suture
scalp wound can be closed by tying strands of
hair together across the wound
wounds have been closed with safety pins when

- nothing else was available
- (diagnostic equipment)
 - flashlight (and batteries)
 - thermometer
 - stethoscope
 - sphygmomanometer
- (other clinical supplies and equipment)
 - cotton tip applicators
 - enema bag
 - gloves
 - sterile (to protect the patient)
 - non-sterile (to protect your self)
 - ear syringe
 - for irrigating wounds or ears
 - for suctioning mouth and nose of newborn
 - Foley catheter set
 - KY Jelly
 - needles
 - 21 gauge
 - 25 gauge
 - plastic bags
 - soap (Dial)
 - surgical masks
 - protects from airborne infection
 - offers some protection for short exposure
 - to fallout if nothing else is available
 - syringes (3 cc or 5 cc)
 - plastic (disposable and sterile)
 - glass (reusable but require sterilization)
 - writing materials
 - notebook
 - pen
 - pencil
 - Sharpie (writes on anything)
- (over the counter medications)
 - antihistamine (useful for treatment of allergy or hives,
 - nausea, insomnia)
 - chlorpheniramine
 - diphenhydramine (Benadryl)
 - aspirin (1000)
 - acetaminophen (Tylenol)
 - adult (1000)
 - children's chewable
 - children's liquid
 - antacid (Maalox, Mylanta, etc.)
 - liquid works faster and better
 - tablets keep better
 - baking soda (NaHCO_3)
 - component of replacement fluids
 - eye wash
 - soaks for dermatitis
 - antacid (certainly not ideal but works)
 - decongestant
 - Afrin nose drops or spray
 - pseudoephedrine (Sudafed) tablets
 - Kaopectate
 - laxative
 - Senokot
 - MOM (Milk of Magnesia, in small amounts, is also
 - useful as replacement source of magnesium (Mg)

for treatment of chronic diarrhea)
tolnaftate (Tinactin) powder
for fungal skin infections
POTASSIUM IODIDE (KI)
To block the thyroid gland to prevent uptake of
radioactive iodine from contaminated food and water,
take four (4) drops of a saturated solution of potassium
iodide (SSKI) daily. (Ref: Nuclear War Survival
Skills, p. 114.)
brown bottle with dropper
(to protect the SSKI from light)
KI crystals
Fill the brown bottle about 60% full of KI
crystals, add water until the bottle is 90% full,
shake well before each use.
NOTE: excess KI must be present to assure that the
solution is saturated. Some crystals must
remain out of solution.

(prescription drugs)

NOTE: The following is not intended as a self treatment
guide, but as a guide to choosing drugs for storage.
Always seek medical advice before using these potent
drugs, all of which have potentially serious side
effects, including death. Antibiotics should not be
used when they are not needed (as in viral infections)
because of side effects and the risk of selecting out
resistant bacteria.

For guidance in determining quantities, the usual
duration of treatment for an episode of illness is about
10 days.

All drugs have an expiration date. This is usually
determined by the time at which the preparation begins
to lose potency. Toxic products may also be formed.
DO NOT TAKE OUTDATED TETRACYCLINE; KIDNEY DAMAGE MAY
OCCUR.

ALWAYS ASK THE PATIENT WHETHER HE IS ALLERGIC TO THE
DRUG. IF HE HAS A HISTORY OF HIVES (AN ITCHY SKIN RASH)
OR WHEEZING OR SWELLING IN THE MOUTH OR THROAT, DO NOT
GIVE THE MEDICATION, AS A FATAL REACTION MAY OCCUR.

Abbreviations: bid = twice a day
tid = three times daily
qid = four times daily

(antibiotics)

Penicillin V (500 mg tablets) (1000)
500 mg qid for Streptococcal or Pneumococcal
infections
(Although the spectrum is limited, this drug is
relative cheap; also causes fewer side effects such
as diarrhea and vaginitis.)
Amoxicillin (250 mg capsules) (500)
250 mg or 500 mg tid for urinary, middle ear, lower
respiratory infection, some types of bacterial
diarrhea
(This is a broader spectrum penicillin.)
Ampicillin for oral suspension (250 mg/tsp)

1/2 to 1 tsp qid, depending on size of child
(For children who cannot swallow amoxicillin capsules.)

Erythromycin (mg varies with preparation) (500)
for patient allergic to penicillin
if ethylsuccinate, two 400 mg tablets bid
for pneumonia, some benefit in Staphylococcal skin infections

Tetracycline (250 mg) (1000)
250 mg or 500 mg qid
for plague, various other insect borne infections,
urinary infections, bronchitis, infected animal bites, and some venereal diseases

OxyTetracycline for injection
500 mg bid for severe life threatening infections
Intramuscular injection is painful, a local anesthetic may be given simultaneously.
for patients too ill to take oral medications or for illnesses like plague or anthrax which may be fatal before oral medication is absorbed

Metronidazole (Flagyl) (250 mg tablets) (500)
500 mg tid for specific infections
This drug is useful for certain protozoans such as amoebae and Giardia and for anaerobic bacteria such as those that normally inhabit the bowel and the female genital tract. It can be extremely useful in intraabdominal, pelvic, and wound infections caused by such bacteria.

Chloramphenicol (500 mg)
500 mg qid
for anaerobic infections, typhoid and other Salmonella infections, psittacosis, rickettsial infections
This drug causes fatal aplastic anemia in about 1 in 50,000 patients treated with it. It may be difficult to obtain.

Trimethoprim-Sulfamethoxazole (500)
(Bactrim DS, Septra DS)
1 double strength (DS) tablet bid
for urinary infections, some types of bacterial diarrhea, back up drug for sinusitis, bronchitis, ear infections

Some excellent broader spectrum drugs, especially amoxicillin with clavulanic acid (Augmentin) and ciprofloxacin are not included solely because of expense.

(other prescription drugs)

(this is as far as I have gotten in transcribing Jane's list)