

Protection:

Trauma or Nitrile Gloves: for your protection and the patients

CPR mask: more effective than mouth to mouth when delivering rescue breaths and provides protection to the user from the patients fluids

Wound Management:

Shears: in emergencies you'll need to do a blood check and may need to cut clothing to gain access to wounds

Forceps & Tweezers: tools used in wound cleaning and removal of debris/splinters

Scalpel/Razor: removing dead tissue

Irrigation Syringe: 35-60cc for pressure cleaning wounds

Roller gauze: I like roller gauze over pre-cut because I can cut what I need and get a better fitting bandage

Pressure wrap: either ACE wrap or similar, some are self-adhesive

Tape: breathable tape for custom bandages (MeFix brand is great), athletic tape for blister control and general use, and Duct tape for blister control. Don't take a whole roll of tape unless you need it, roll off what you need and then repackage in a way that works for you—I carry Duct tape around a pencil.

Misc. Bandages: Precut, prepackaged bandages, Band-Aids

Non-Adherent bandages: create a "second skin," work great for road rash and burns

Musculoskeletal Injuries:

Sam Splint: or aluminum foam splint

Pressure wrap: Ace wrap or similar—you can improvise one out a t-shirt in an emergency

Liquids and medications:

Soap: clean skin, hands, etc

Povidone Iodine: clean skin, wounds, sterilize tools, and treat water in an emergency

Topical antibiotic: clean surface wounds, pretreatment for small bandages

Antihistamines: diphenhydramine, Epi with Rx

Pain relievers: Lots of options—**be aware of their side effects**

Gastro-intestinal: anti-acids, charcoal pills, loperamide

Sugar: honey packets or sugary drink mixes for low glucose