

Complete Street First Aider Supplies List

This list is based on the recommendations of the **Colorado Street Medics**, modified by **On the Ground Street Medic Collective**; this draft is version 1.3, dated 3/07/2001 and will be modified/updated. For updates: www.action-medical.net.

Medic Attire

- ☐ red or other bright hat
- ☐ long sleeve shirt
- ☐ vest with numerous pockets (such as camera or fishing vest)
- ☐ cargo pants
- ☐ rain gear (pants/jacket/poncho)
- ☐ red crosses/star of life/resistance insignia (*street medics/clinicians only!*)
- ☐ large fanny pack (or backpack if necessary)
- ☐ fill/label your pockets/pouches sensibly and know where everything is!

Personal Supplies

- ☐ energy bars (Cliff Bar™, Power Bar™, etc) (2-4)
- ☐ squeezies (GU™, Cliff Shot™, etc) (2-6)
- ☐ drinking water w/ 4 drops rescue remedy / quart (32 oz. plus)
- ☐ compass
- ☐ map
- ☐ phone numbers (clinic, legal, etc)
- ☐ spare clothes (in case of contamination)
- ☐ two-way radio
- ☐ cell phone
- ☐ field flashlight (for nighttime actions)
- ☐ writing pad and pen

Chemical Protection Gear

- ☐ gas mask (M17A1 or clone recommended; otherwise must at least have shatter-proof lenses)
- ☐ swim goggles (sealed fit, shatter-proof)
- ☐ bandanas soaked in vinegar (sealed in individual zipper bags; apple cider vinegar recommended)
- ☐ paper/woven dust mask (to wear under vinegar bandana)
- ☐ industrial respirator (must filter heavy chemicals)

Basic First Aid Supplies

- ☐ adhesive bandages (1", 3/4", knuckle, fingertip, 2") [minor cuts]
- ☐ sterile gauze sponges, 4x4" (10) [dressing open wounds]
- ☐ sterile gauze sponges, 2x2" (10) [dressing open wounds]
- ☐ gauze bandage rolls, various sizes (6-10) [for bandaging dressings, splints]
- ☐ eye patches (2) [eye injury (cover both eyes)]
- ☐ vaseline gauze/occlusive dressing (2) [sucking chest wounds]
- ☐ triangle bandages/cravats (5) [sling, wraps]
- ☐ medical tape (1" roll, 2" roll) [affixing bandages]
- ☐ instant hand warmers (3-5) [cold weather emergencies]
- ☐ instant cold packs (2-5) [bruises, sprains, heat emergencies]
- ☐ ace bandage rolls (2", 3", 5") [sprains, splints]
- ☐ antiseptic/betadine swabs/wipes (6-10) [cleaning minor cuts/abrasions]
- ☐ non-sterile latex gloves (20 pairs in zipper baggies, 1-2 pairs/bag) [bodily fluids/chemicals]
- ☐ non-latex gloves (2 pairs) [in case of latex allergies]
- ☐ sterile latex gloves (1 pair) [severe open wounds]
- ☐ sealed hand-wipes/towelettes (5-10)

Basic Medical Equipment

- ☐ pen light/mini MagLight
- ☐ bandaging scissors/EMT shears
- ☐ hemostats
- ☐ splinter forceps
- ☐ thermometer
- ☐ red permanent marker
- ☐ contact lens container
- ☐ stethoscope

(Continued Other Side)

Advanced Medical Equipment

(qualified medics only)

- ▣ blood pressure cuff
- ▣ pocket face mask
- ▣ airway adjuncts
- ▣ tongue depressor

Chemical Weapons Treatment Supplies

- ▣ eye flush bottles (2-5; 12+ oz.)
 - water and rescue remedy only
 - pop-top drinking style squeeze bottle
 - no leak when inverted
 - decompresses quickly/completely after squeeze
- ▣ mineral oil bottle
 - at least 8 oz.
 - GREY, labeled
 - flip top or pop top
- ▣ rubbing alcohol bottle (71%)
 - at least 12 oz.
 - RED, labeled
 - flip top or pop top
- ▣ liquid antacid & water (LAW) bottle
 - 1 part water, 1 part liquid antacid (Maalox, or generic)
 - at least 8 oz.
 - LABELED
 - flip top/pop top; must squirt AND drip effectively
- ▣ 4x4 gauze sponges or other clean, dry wipes, non-sterile (100-200)
 - kept in zipper bags, 10 per bag
 - preferably white
 - *not* pre-soaked

Chinese Herbals

- ▣ Yunan Pai Yao (stops bleeding)
- ▣ Ching (Jing) Wan Hung (burns)
- ▣ Bao Ji Yun or Po Chai Pills (broad usage stomach remedy)
- ▣ Wan Hua Yon (bruises)
- ▣ Zheng Gu Shui (broken bones)

Homeopathic and Flower Remedies

(all 30x)

- ▣ Arnica (blunt injuries sprains and bruises)
- ▣ Hypericum (crushing injuries, Knocked out teeth)
- ▣ Cantharis & Causticum (burns / teargas)
- ▣ RESCUE REMEDY (all injuries and any emotional trauma)

Note

All items included in these lists are *known* to be effective and safe, *when used properly*; most are considered essential inventory by Colorado Street Medics and/or On the Ground Street Medics.

Cautionary Note

Please refrain from using any of the above items during treatment unless you are certain how they are properly used. This list is meant to help *trained street first aiders* prepare for action. If you are not certain how an item is used in the field, it is best to assume it won't come in handy for you. You might still carry items intended for others to use, but you should of course make sure they are qualified. Do not, however, feel like you are an incomplete medic if you cannot carry or use all of the medical supplies/equipment/ herbals/ etc listed above.

Always operate within your range of knowledge, skills and comfort, and remember: First, do no harm... Good luck in the streets!

— On the Ground