

Survival Medicine

“One day, there may come a time when a pandemic, civil unrest, or a terrorist event may precipitate a situation where the miracle of modern medicine may be unavailable---indeed, not only unavailable, but even to the point that the potential for access to modern facilities no longer exists.” -The Ultimate Survival Medicine Guide

For those who are just beginning to gather medical supplies, or those who are looking for new things to add to their stock.....I recommend “*The Ultimate Survival Medicine Guide*” by Joseph Alton, MD. Most of what we put together in our medical supply was inspired by that book.

It is very important to educate and train yourself to be prepared for the most likely medical issues you will face.

- Trauma
 - Sprains and Strains
 - Minor Trauma (cuts, scrapes)
 - Major Traumatic Injuries (fractures, knife, or gunshot wounds)
 - Burn Injuries
- Infections
 - Respiratory Infections (pneumonia, bronchitis, influenza, common colds)
 - Diarrheal Diseases
 - Infected Wounds
 - Minor Infections (UTI, pink eye)
 - Lice, Ticks, Mosquitos and the diseases they carry
- Allergic Reactions
 - Minor (insect stings or bites)
 - Major (anaphylactic shock)
- Dental
 - Toothaches
 - Broken or knocked-out teeth
 - Loss of fillings
 - Loose crowns
- Women's issues
 - Pregnancy
 - Miscarriage
 - Birth Control

First Aid Kit

First Aid Reference Book
Antibacterial soap and hand sanitizers
Antiseptic and alcohol wipes
Gauze dressing (various sizes - sterile and non sterile)
Gauze rolls
Triangular bandages
Safety pins
Moldable splints
Adhesive Band-Aids (various sizes and shapes)
Large absorbent pads
Neck collar
Medical tape
Duct tape
Tourniquet
Moleskin
Cold packs, heat packs, hot water bottle
Cotton eye pads, patches
Eye wash
Cotton swabs (Q-tips) cotton balls
Disposable nitrile gloves
Face masks (surgical and N95)
Tongue depressors
Bandage scissors (all metal are best)
Tweezers
Magnifying glass
Headlamp or penlight
Stethoscope
Blood pressure cuff
Irrigation syringe (60-100cc)
Kelly clamp (straight and curved)
Needle holder
Nylon or silk sutures (sizes 2-0, 4-0) and/or stapler kit
Scalpel or field knife
Chest seals
Hemostatic agents
Saline solution
Butterfly closures (thick and thin)

Survival blanket (solar blanket)
Biohazard bags
Thermometer
Antiseptic solutions (Betadine, Hibiclens, etc.)
Hydrogen peroxide
Antibiotic ointment
Antacids
Sunblock
Lip balm
Insect repellants
Acetaminophen/ibuprofen/aspirin
Benadryl or Claritin
Bismuth Subsalicylate (Pepto-Bismol)
Lice killing shampoo
Oral rehydration packs
Water purification filter or tablets
Gold Bond foot powder
Epinephrine (EpiPen)
Zofran (for nausea and vomiting)
Birth control accessories (condoms, birth control pills, etc.)
Herbal teas, salves, and essential oils
Raw, unprocessed honey

Dental Tray:

Cotton pellets and rolls
Dental mirror
Dental scraper, toothpicks
Dental floss
Dental wax
Clove bud oil
Zinc oxide
Chromic suture (size 4-0)
Needle holder
ActCel oral hemostatic agent (stops dental bleeding)
Extraction equipment (forceps, and elevators
Gloves, masks, eye protection