

My Medical Kit

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Below I list my home emergency medical kits, my medical supplies and medical equipment. Of course, a good first aid manual is an essential component.

I keep three basic kits on hand:

- a) A general medical kit for minor injuries, and one that I can take with me in the car for any away from home journeys.
- b) A specialized medical kit for burns.
- c) A trauma medical kit to cover more major injuries such as broken bones.

I also have a more extensive reserve medical kit mainly for major wound management.

I keep a range of general medications on hand (pills, creams and ointments) and of course a plus 3 months supply of my prescribed medication. My prescribed medication is personal and is not listed.

1. First Aid Guides/Manuels

- St John Ambulance First Aid Manuel 11th Edition 296p

2. Emergency Medical Kit (in carry bag) comprising

- First Aid guide 14p
- Vinyl gloves x 2
- Small roll of bandage tape x 1
- Scissors x 1
- Tweezers x 1
- Safety pins x 20
- Splinter lancets x 6
- Antiseptic wipes x 20
- Sterile cotton buds x 10
- Adhesive plasters (1.9cm x 7.6cm) x 50
- Adhesive plasters (1cm x 4cm) x 40
- Knuckle fabric plasters x 6
- Elbow/Knee fabric plasters x 5
- Finger fabric plasters x 6
- Butterfly closure strips x 10
- Non-woven sterile wound pads (10cm x 10cm) x 4
- Non-adherent sterile pads (7.5cm x 7.5cm) x 4
- Sterile gauze pads (5cm x 5cm) x 6
- Sterile eye pads (6cm x 8cm) x 2
- Sterile eye wash (15ml) x 2
- Elastic bandage (7.5cm x 4.5m) x 1
- Elastic conforming bandage (7.5cm x 4.5m) x 2
- Elastic conforming bandage (5cm x 3.6m) x 2

- Triangular bandage x 2
- Moleskin blister relief dressings x 1
- Sting relief pads x 8
- Sterostrip sutures standard wound closure (3mm x 75 mm)
- Sterostrip sutures deep wound closure (6mm x 75) mm 3 x 10
- Instant cold packs x 2
- Aluminised emergency blanket x 2
- CPR mask x 1

3. Burns Medical Kit (in carry box) comprising

- Burn dressing (10cm x 10cm) x 3
- Burn dressing (20cm x 20cm) x 1
- Burn relief gel bottle (50ml) x 1
- Burn relief gel sachets (3.5g) x 9
- Conforming bandage (10cm x 4m) x 1
- Conforming bandage (7.5cm x 4m) x 1
- Sterile powder free medical gloves x 1
- Shears/scissors x 1

4. Medical Trauma Kit (in carry bag) comprising

- Trauma scissors x 1
- Tourniquet x 1
- Israeli combat hemorrhage control Bandage x1
- Sterile wipes x 20
- Non-adherent sterile pads (5cm x 7.5cm) x 10
- Whistle x 1
- Mylar/Foil blanket x 1
- Splint roll x 1
- Splint elasticated bandage x 1
- CPR mask x 1

5. Reserve Medical Kit comprising

- Clinell Antimicrobial Hand Wipes x 90 approx.
- Sterets Skin Cleaning Swabs x 50 approx.
- Powder Free Nitrile Examination Gloves x 60 approx.
- Dressit Community Dressing Pack x 6
- Shermond Polyfield Dressing Aid x 8
- Steripod Sterile fluid for wound irrigation x 12
- Decree Sterile Disposable Scissors x 3
- Steriseal Medical Probe (125mm) x 4
- Fortuna Absorbent Cotton Lint (100g) x 1
- Premier Non-Woven Swabs (10cm x 10cm) x 4

- Premier Non-Woven Swabs (5cm x 5cm) x 20 approx.
- Wound dressings
 - Mepore various sizes x 16
 - Allevyn Foam Film Dressings (20cm x 20cm) x 3, (5cm x 5cm) x 7
 - Aquacel (10cm x 10cm) x 10
 - Mepitel 8cm x 10cm x 5
 - Inadine (5cm x 5cm) x 25
 - N-A Viscose Primary dressing (9.5cm x 9.5cm) x 40
 - Bordered Granuflex Hydrocolloid (6cm x 6cm) x 5
- Urgo K-Band Conforming Bandage (for dressing retention) x 2
- Crepe Bandage (10cm x 4.5m) x 1
- Crepe Bandage (7.5cm x 4.5m) x 1
- Cotton wool x half bag
- Neck brace x 2
- Full arm sling x 1
- Small arm sling x 1
- Foot exercise rubber x 1
- Medicare elastic wrist support (medium) x 1
- FFP3 face masks x 2
- Medical microporous tape (2.5cm x 10m) x 12
- Micropore tape (1.25cm x 5m) x 1
- Finger dressing guide

6. Medical Equipment

- Thermometer (for temperature) x 1
- Oximeter (for blood oxygen levels) x 1
- Blood Pressure Monitor (for blood pressure) x 1
- Blood Glucose Monitor (for blood glucose levels) x 1
- Inhaler/Nebuliser x 1

7. General Medications

Wound Healing/Infection Control

- Savlon
- Germolene
- Detol
- Neosporin (Antibiotic cream) (POM)
- Bactroban Nasal Ointment (POM)
- Flaminal Cream

Analgesics (General Pain/Fever Relief)

- Paracetamol
- Calpol (for children)
- Codeine (POM)
- Ibuprofen
- Ibuprofen Gel (10%)
- Tramadol (POM)
- Morphine (POM)

Colds

- Strepsils
- Day/Night Nurse
- Vics Vaporub

Mouth/Lips

- Bongela (for mouth ulcers)
- Anbesol
- Blistex (for cracked lips)
- Covonia Throat Spray (lidocaine)

Stomach

- Imodium (for diarrhea)
- Dioralyte (Electrolyte for rehydration)
- Buscopan (for stomach cramps)
- Wind Settlers (for excess wind)
- Gaviscon (for indigestion)

Stings

- Antisan
- Piriton
- Cetirizine Hydrochloride
- Benadryl Cream

Eyes

- Optrex eye wash
- Thealoz Duo drops (for dry eye)
- Chloramphenicol drops (for bacteriological infection) (POM)

Lungs

- Saline solution for inhalation
- Salbutamol (POM)