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Everyday Emergency Kitⁱ
 Revision 5.7 10/26/11

| ✓ | # | | Exp. Date |
|---------------------------------------|---|--|-----------------------|
| Survival Etc. Bagⁱⁱ | | | |
| | 4 | large leaf bags for shelter | |
| | 1 | magnesium firestarter | |
| | 1 | Fiskars™ knife sharpener | |
| | 1 | lightweight water bag | (9/12) ⁱⁱⁱ |
| | 1 | btl. Iodine water tablets ^{iv} | (9/12) |
| | 1 | 350 kcal food bar (ProBar), sealed in plastic | (9/12) |
| | 1 | pair disposable handcuffs | |
| | 2 | 2 yard roll duct tape | |
| | 1 | 15 mL btl. 3M Ultrathon DEET insect repellent | (9/12) |
| | 1 | 15 mL bottle sunblock | (9/12) |
| | 1 | lightweight center punch | |
| | 1 | pr. "slip into your glasses sunglasses" ^v | |
| | 2 | ultralight splints (pieces of 1-gal plastic milk btl.) | |
| | 1 | small packet toilet paper | |
| | 1 | Rite-in-the-Rain notebook | |
| | 1 | pr. paramedic shears | |
| | 1 | Petzl e+lite headlight ^{vi} | |
| | 6 | Spare batteries for above (takes 2 at a time) | |
| | 1 | tiny pencil sharpener | |
| | 1 | Small pencil | |
| | 1 | tiny survival compass | |
| | 2 | large safety pins | |
| | 1 | blanket pin | |
| | 2 | paper clips | |

| Medical Bag | | | |
|--------------------|---|--|--|
| | | License, DEA, Board Cert. | |
| | 1 | string for ring removal | |
| | 1 | OB-type compressed tampon (dressing) | |
| | 1 | 2-balloon nasal hemostat ^{vii} | |
| | 1 | Rapid Rhino anterior nasal pack ^{viii} | |
| | 6 | alcohol prep pads, in foil | |
| | 6 | regular-size band-aids | |
| | 2 | large-size band-aids | |
| | 2 | knuckle band-aids | |
| | 2 | fingertip band-aids | |
| | 2 | 2x2" QuikClot gauze | |
| | 1 | ampule of Dermabond wound adhesive | |
| | 3 | crushable benzoin tincture ampule | |
| | 2 | sterile 4x4" gauze pads ^{ix} | |
| | 1 | packet rehydration salts | |
| | 1 | 6.5 Endotracheal Tube ^x | |
| | 1 | 5.0 ET tube: peds/cric | |
| | 1 | surgical lubricant packet (for nasal intubation) | |

| | | | |
|-------------------------------|----|--|-------|
| | 1 | one-way valve (for mouth-to-tube ventilation) | |
| | 1 | #15 scalpel blade | |
| | 1 | Tick Key | |
| | 2 | pr FreeForm SE nitrile exam gloves ^{xi} | |
| Injection Equipment | | | |
| | 2 | 3 mL Interlink® syringes | |
| | 2 | 25 ga SQ needles | |
| | 2 | 21 or 22 ga IM needles | |
| | 2 | 18 ga IV catheters | |
| | 1 | 20 ga IV catheter | |
| | 2 | Interlink® saline lock extension adapters | |
| | 1 | Interlink® IV tubing adapter | |
| | 3 | vial access cannulae | |
| | 1 | saline flush 20 mL bottle | |
| | 1 | IV start pack | |
| | 1 | Kendall P2 Sharps Shuttle ^{xii} | |
| | 2 | N95 masks in Ziploc bag | |
| Injectable Medications | | | |
| | 2 | epinephrine 1:1000 1 mL ^{xiii} | |
| | 2 | diphenhydramine 50 mg Injection | |
| | 4 | morphine sulfate injection, 20 mg vial | |
| | 2 | naloxone 2 mg injection | |
| | 1 | midazolam injection 50mg/10mL | |
| | 2 | droperidol 2.5 mg/mL, 2 mL vial | |
| | 1 | dexamethasone 10mg/mL, 10 mL vial | |
| | 1 | atropine 8 mg vial ^{xiv} | |
| | 1 | bupivacaine 0.5% 10mL ^{xv} | |
| Misc. Medications | | | |
| | 1 | albuterol inhaler | |
| | 1 | StingEze® 3mL btl. | |
| | 1 | nitroglycerine spray btl. | |
| | 1 | tetracaine eyedrops 1mL | |
| Pills | | | |
| | 6 | acetaminophen 500 mg | 3/13 |
| | 8 | naproxen 220 mg | 3/14 |
| | 8 | loperamide 2 mg | 4/13 |
| | 6 | aspirin 81 mg | 12/13 |
| | 15 | 100 mg chewable ibuprofen tablets | 2/12 |
| | 12 | prochlorperazine (e.g., Compazine) 5 mg tablets ^{xvi} | 7/12 |
| | 6 | Zofran 4 mg oral dissolving tablets | 7/12 |
| | 10 | famotidine (e.g., Pepcid) 20 mg tablets | 2/12 |

| Stuff for Kids etc. (stuffsack)^{xvii} | | | |
|---|---|--|--|
| | 2 | small new toys for kids ^{xviii} | |
| | 1 | package pocket Kleenex | |

| | | | |
|--|---|---|--|
| | 2 | prepackaged hand wipes ^{xix} | |
| | 2 | prepackaged GoJo hand cleaner wipes | |
| | 1 | piece aluminum foil ^{xx} | |
| | 8 | lightweight Velcro reflective armbands ^{xxi} | |
| | 1 | MSR PackTowl Nano Small | |

| Etc. (stuffsack) | | | |
|------------------|---|---|--|
| | 1 | spare cellphone battery, in small plastic bag | |
| | 1 | pair light gloves | |
| | 1 | light balaclava | |
| | 2 | REI ultralight Velcro straps | |
| | 1 | length of lightweight shock cord/minibiners ^{xxii} | |
| | 1 | spare ultralight stuffsack | |
| | 1 | 50-ft length Kelty Triptease cord ^{xxiii} | |

| In glasses case, inside above stuffsack | | | |
|---|---|---|--------|
| | 1 | tiny dropper btl. contact lens solution | (9/12) |
| | 1 | pair spare contact lenses | (9/12) |
| | 1 | spare contacts case | |
| | 1 | pair spare glasses | |
| | 1 | eyeglasses repair kit | |
| | 3 | spare pair nose pads ^{xxiv} | |

| Dental Hygiene (pockets on back) | | | |
|----------------------------------|---|--|--|
| | 1 | toothbrush and toothpaste for me | |
| | 1 | toothbrush and collapsible cup and 15 mL of mouthwash ^{xxv} | |

| Winter Only | | | |
|-------------|---|-----------------------|--|
| | 1 | pr. ice “creepers” | |
| | 1 | tiny btl. lock deicer | |

ⁱ This all fits into a Mountainsmith Blaze II lumbar pack with room to spare. Which is a very, very nice medium-sized buttpack. Although, I switched to a Cabela’s Diamond Peak Lumbar Pack which is also very nice, and fits better into my new Tumi pack. And if you order and get the shoulder strapettes for the Mountainsmith pack (the Cabela’s one comes with them) you can carry a kid piggyback on top of it for hours comfortably.

ⁱⁱ REI (www.rei.com) sells some heavy-duty 3”x5” zip lock plastic bags, and since the regular grocery-store type bags are bigger and heavier and don’t last as long, I’ve packed many of the items in these bags to keep things organized. For instance, with some work, a single large plastic leaf bag will fit in one of these bags, which protects the leaf bag from getting holes (a problem if you keep one in your kit loose for years) and keeps it neatly compressed. Having the leaf bags in separate zip lock bags makes it easier to hand them out one to a person in a time-critical survival situation, too.

ⁱⁱⁱ (Parentheses) means to inspect on or about this date.

^{iv} May want to replace this with a MIOX water purification system from REI, but it’s a bit pricey at \$130

^v Or can attach to face with duct tape.

^{vi} Originally I carried two Photon lights with JakStrap headbands; however, I found the Petzl Zipka Plus headlamp with AAA lithium cells was only a bit heavier, and a much better headlight in many ways, and I carried one of those. But then Petzl came out with the e+Lite survival headlamp which is even smaller and lighter; not as bright, but bright enough, and that replaced the Zipka Plus. Newer versions of the Petzl e+Lite have a cordlock that is also a screwdriver to change batteries and a loud whistle. I carry a Swisschamp Swiss Army knife, a small lockback knife and 2 photon lights and a windproof lighter on my person at all times; if not they would be listed here.

^{vii} People can bleed to death from nosebleeds; these will stop almost any nosebleed.

^{viii} I used to carry a Merocel sponge for anterior nosebleeds, but the expanding-balloon-covered-with-Surgicel Rapid Rhino device seems far better and weighs only a fraction more.

^{ix} If you’re trying for direct pressure on a bleeding artery, a gauze pad over your gloved finger makes it a LOT easier.

^x For digital or nasal intubation.

^{xi} This brand is the only kind I’ve found that approaches a latex surgical glove in durability and fit.

^{xii} May store items inside it until used for sharps.

^{xiii} Drugs are generally good for at least two years after their expiration date. They may lose a little potency, but that’s all. The only one that is really dangerous when “gone bad” is tetracycline. Epinephrine and nitroglycerin, however, lose a lot of potency and should be replaced when they expire.

^{xiv} For organophosphate or nerve gas exposure.

^{xv} A digital block can be very effective for a very painful finger injury.

^{xvi} Compazine PO is becoming more and more accepted as one of the better treatments for both migraine and nonspecific headache; I get migraines, as do my wife, and the Compazine seems to work quite well, with no significant side effects. One of our residents is currently engaged in a study of PO Compazine for migraine headache.

^{xvii} Granite Gear small ultralight stuffsacks weigh almost nothing and help keep stuff organized and easy to transfer between packs.

^{xviii} If you don’t think that keeping a kid entertained can be an emergency, you don’t have kids. Silly putty seems to work well for a variety of ages, including parents.

^{xix} Need to be protected or the foil will be damaged after being in the pack and will be dry. Packaged with GoJo wipes in a Q-Tips travel size container.

^{xx} For small leftovers.

^{xxi} For walking on roads at night—very, very dangerous!

^{xxii} To attach items like jackets to outside of pack.

^{xxiii} At 188 lbs static breaking strength, and weighing only one ounce for 50 feet, seems like a handy thing to carry. This stuff has a Spectra core and a nylon sheath with a reflective (similar to Scotchlite™) band. Since it’s Spectra, it has essentially no energy absorption, but that also makes it better for tying things together than standard shroud line (parachute cord). The package says not to use for rappelling or climbing or bear bags.

^{xxiv} Different styles of glasses require different pads.

^{xxv} My daughter developed perioral dermatitis, and she has to use non-fluoridated toothpaste (but she hates the taste of Tom’s toothpaste) or mouthwash to prevent it from recurring. And when we’re out at a restaurant I make her brush her teeth after the meal (yes, I’m that cruel).