# Everyday Emergency Kit

<table>
<thead>
<tr>
<th>Survival Etc. Bag</th>
<th>Exp. Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>nitroglycerine spray bottle</td>
</tr>
<tr>
<td>2</td>
<td>fast-food salt packets</td>
</tr>
<tr>
<td>3</td>
<td>field sharps container</td>
</tr>
<tr>
<td>4</td>
<td>tetracaine eyedrops 1mL</td>
</tr>
<tr>
<td>5</td>
<td>StingEze® 3mL btl.</td>
</tr>
<tr>
<td>6</td>
<td>acetaminophen 500 mg</td>
</tr>
<tr>
<td>7</td>
<td>naproxen (e.g., Aleve) 220 mg</td>
</tr>
<tr>
<td>8</td>
<td>aspirin 81 mg</td>
</tr>
<tr>
<td>9</td>
<td>100 mg chewable ibuprofen tablets</td>
</tr>
<tr>
<td>10</td>
<td>loperamide (e.g., Imodium) 2 mg</td>
</tr>
<tr>
<td>11</td>
<td>prochlorperazine (e.g., Compazine) 5 mg tablets</td>
</tr>
<tr>
<td>12</td>
<td>ondansetron (e.g., Zofran) 4 mg oral dissolving tablets</td>
</tr>
<tr>
<td>13</td>
<td>famotidine: see stuffsack, below</td>
</tr>
<tr>
<td>14</td>
<td>fexofenadine (e.g., Allegra) 180 mg tablets</td>
</tr>
<tr>
<td>15</td>
<td>Singular 10 mg tablets</td>
</tr>
<tr>
<td>16</td>
<td>Packet of 5 Salonpas patches</td>
</tr>
<tr>
<td>17</td>
<td>Packets bacitracin ointment</td>
</tr>
<tr>
<td>18</td>
<td>Alcohol preps in separate plastic bag</td>
</tr>
</tbody>
</table>

## Pills/Topical

### Medical Bag

- License, DEA, Board Cert., prescriptions, 1632 battery for vehicle keyfob
- Tick Twister set (3 sizes)
- string for ring removal
- OB-type compressed tampon (dressing)
- 2-balloon nasal hemostat
- Rapid Rhino anterior nasal pack
- #15 + #12 scalpel blades
- packet rehydration salts
- 2x2” QuikClot gauze
- TourniCot finger tourniquet
- 6.5 Endotracheal Tube
- 5.0 ET tube: eds/cric
- surgical lubricant packet (nasal intubation)
- one-way valve (mouth-to-tube ventilation)
- 25 ga SQ needles
- 21 or 22 ga IM needles
- 18 ga IV catheters
- 20 ga IV catheter
- 18 ga needles
- saline flush 20 mL bottle
- IV start pack

### Injection Equipment

- midazolam injection 50mg/10mL
- epinephrine 1:1000 1 mL
- bupivacaine 0.5% 10mL
- diphenhydramine 50 mg injection
- morphine sulfate injection, 20 mg vial
- naloxone 2 mg injection
- droperidol 2.5 mg/mL, 2 mL vial
- dexamethasone 10mg/mL, 10 mL vial
- few spare benzoin ampules for padding
- atropine 8 mg vial

### Injectable Medications

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

### Misc.

- albuterol (Ventolin HFA) inhaler
- LiteAir cardboard spacer for inhaler
Between the bags inside the outer bag: 3 antifreeze-jug splints (see Nontechnical and Semi-Tech Evacs chapter of Appalachian Search and Rescue: http://www.conovers.org/lp/AppSAR-Drafts

**Winter Only**

| 1 | pr. ice "creepers" | NA |
| 1 | tiny tbl. lock deicer | NA |
| pr | REI Minimalist GTX Mitts | NA |

1. Fits into a Mountainsmith Day lumbar pack. With the separately-sold shoulder strapettes, you can carry a kid piggyback on top of it for hours comfortably. I used to carry a Friendly Swede magnesium fire starter that was TSA acceptable in the EEE. But (a) it is relatively heavy, and (b) most of the time I have a lighter in my pocket and (c) fires are now deprecated for survival situations. So, it’s gone. Packed in REI expandable packing cubes of several sizes.

2. I used to have a small center punch for shattering car windows to gain access in a wreck, but now I carry a combination center-punch and seatbelt cutter on my keychain: “rescue” only $15 at amazon.

3. Packed in REI (www.rei.com) heavy-duty 3”x5” zip lock plastic bags (grocery-store zip bags are bigger/heavier and don’t last as long.) See the Survival and Wilderness Travel chapter of Appalachian Search and Rescue for more about leaf bags.

4. (Parentheses) means to inspect on or about this date. Italics means no expiration date given by manufacturer, but fresh on this date. Expired meds, except epinephrine, are good for years.

5. Can use as an improvised pelvic binder, can combine with duct tape around the ankles and feet to keep feet turned inwards: https://www.realfirstaid.co.uk/pelvic-splint.

6. I like the Smith pocket knife sharpener better and use it to sharpen knives at home and keep one in my 4WD vehicle for sharpening trail tools, but it is heavier and bulkier than the Fiskars.

7. Chlorine dioxide ones are light, effective and don’t need a glass bottle.

8. As an NPS Ranger, I used to carry a pair of these giant cable-tie handcuffs in my hat; they’re handy not only as handcuffs but also for fixing all sorts of things.

9. I used to use DEET but picardin is superior. See conovers.org/lp/Ticks.pdf

10. Or can attach to face with duct tape. My old pair broke, and when I shopped for a new pair, I found my original brand is now a rare and expensive antique. After some trial and error, I finally decided on “LensesCovers Roll Up Sunglasses - one size fits all! 100% UVA and UVB Protection.” I put them in a small plastic bag to protect them.

11. I have researched paramedic shears/bandage scissors and found the best to be the Miltex green-handled ones. However, even though they’re heavier, they do more things and are even stronger than the Miltex green-handled ones, and they fold up smaller, so I switched to Gerber Raptor paramedic shears. But they were too heavy, so switched to Rescue Essentials Mini Shears.

12. There are two types of flexible hand saws: heavier made of a bit of chainsaw that work quite well but weigh several ounces, and thin actual wire ones that weigh less than an ounce. I first tried the thin/low/light and replaced each of the split ring “handles” on the end, which dig into your fingers, with 24” loops of 3/4” flat black pack-style webbing. On a 5” green stick, it didn’t work worth squat, kept jamming, so switched to one of the heavier chainsaw ones. For cutting poles for poles-and-blankets or -jackets stretchers, or whatever. I’ve used it on some 8” logs and it works great.

13. A headlight is so important, and the Zipka has gradually gotten smaller, lighter, brighter, and longer-lasting, so the usefulness-to-weight and -to-weight ratio means one of these is in the EEE with two plastic-sealed sets of 3 AAA disposable lithium cells, none in the light itself so it can’t accidentally turn on. Used to have PhotonsLights, then Petzl E-Lites, but now just a recent-model Zipka.

14. Can be used for miscellaneous repair, but mostly can be used for a quick-and-dirty wound closure to help control bleeding.


16. People can bleed to death from nosebleeds; will stop almost any nosebleed.

17. An expanding-balloon-covered-with-Surgilock, the Rapid Rhino device seems far better than a Merocel sponge and weighs only a fraction more. The Model 750 will get anterior and middle and some posterior bleeds but not as painful as the 2-ballon models and is my choice for when I need to replace my existing anterior model.

18. If you’re trying for direct pressure on a bleeding area, a gauze pad over your gloved finger makes it a LOT easier. Used to have regular gauze, now QuickClot 2x2s.

19. Finger lacerations are common, and it’s hard to stop the bleeding. Putting a ToupinCot on is a quick way to get the bleeding controlled, so you can see what’s going on. It is a rubberish doughnut you roll down the finger, which squeezes out the blood and then acts as a tourniquet. You can leave it on for a half-hour to let the wound close, or to repair a laceration. Doesn’t weigh or bulk much and there’s no good improvised substitute, there is a trick with a latex glove where you put on the glove, snip the tip of the glove finger, and then roll the glove finger down to the base of the patient’s finger, but this doesn’t work with non-latex exam gloves, as they’re not stretchy enough.

20. Except for epinephrine, all these meds are good long after their expiration dates. If it’s been more than 10 years or they are discolored I generally replace them.

21. 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 nylon/glyceric, however, lose a lot of potency and should be replaced when they expire.

22. A digital block can be very effective for a very painful finger injury.

23. For organophosphate or nerve gas exposure.

24. I like this brand best as (a) it has a counter, and (b) it has an interlock, so it won’t discharge as long as the cap is on.

25. Flat ones travel better than the others with the little tubes of salt: For rehydration, water-dissolves (for 2-6 hours after their official expiration dates, so with these two exceptions, I don’t worry too much about expiration dates. StingEeze contains 10% benzocaine, which is known to cause allergy when used on the skin, and I generally prefer pramoxine-containing creams for general itching. But 10% benzocaine likely works a lot faster, so I prefer StingEeze for stings.

26. I prefer to use Duct Tape (twice a day instead of four time a day for ibuprofen, so easier on the stomach, also safer for your heart. Also carry ibuprofen as some prefer it, and these chewable tablets are also suitable for kids.

27. COMPazine PO is one of the better treatments for both migraine and nonspecific headache; I get migraines, as do my wife, and the Compazine works quite well, with no significant side effects.

28. These over-the-counter menthol/methyl salicylate patches are a good addition to naproxin and acetaminophen for acute musculoskeletal pain.

29. For people to sniff for nausea.

30. In a Granite Gear #1 (2L) silnylon stuffsack; the white color is transparent enough to see through a bit and it’s easier to get stuff out of this than the other modules. This plus the two main kits (survival and medical) are what I carry on daytrips, short overnight backcountry trips, or search (not rescue) tasks.

31. FreeForm SE were my go-to-foos, but now I like the ResQ-Grip textured ones from www.phs-products.com much better; tougher, better grip, can get on wet hands. In this bag simply to make them easier to get to in a hurry.

32. None of the ones that take disposable cells seem to work very well, though I keep one in my SAR pack, and rechargeable Li-ion batteries are a lot lighter. There are a variety of rechargeable ones, and I chose one that has QuickCharge 3.0 so it will charge a phone quickly.

33. For walking on roads at night – very, very dangerous!

34. 188 lbs static breaking strength and weighs only one ounce for 50 feet. It has a Spectra core and a nylon sheath with a reflective (like 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 for rappelling, climbing or bear bags.

35. In trauma arrest, you tend to needle both sides of the chest; thus, two.

36. For waterproof packaging for caving or protection from falling in water/heavy rain; Sea to Summit Nanosil bags weigh and bulk almost nothing. (2 x 2L, 1 x 4L)

37. These things don’t have expiration dates, but past experience suggests that I inspect the ampules and replace the Bandaids every 3 years.

38. Looks like and works like Dermabond wound repair liquid, but cheaper and available without a prescription.

39. To protect wallet and cellphone during stream crossings or hard rain.

40. Used to carry famotidine tablets, but changed to Pepcid-AC chewables for anaphylaxis/hives/dyspepsia.

41. Two, because the most likely use of these is for a mass shooting or bombing, and there may be multiple people needing a tourniquet. I suppose you could then argue that I should carry ten of them but two seems a reasonable compromise. Originally in the other bag, but the chances of needing tourniquets in the wilderness are much less, and this decreases the bulk and weight of what I carry in the backcountry.

42. Different styles of glasses require different pads.

43. Granite Gear small ultralight stuffsacks weigh almost nothing and help keep stuff organized and easy to transfer between packs. When using this kit for a first-aid/medical kit for dayhikes, biking, caving, climbing, I leave the “City” bag and the too-cold-to-take-it clothes behind. I described the silly black hot weather. However, I am now a teenager and has her own Android phone, but left this note: 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. A small deck of cards is good for older kids.

44. Need to be protected or the foil will be damaged and will be dry. Packaged with Gojo wipes in a Q-Tip size plastic container.

45. For dealing with airborne illness such as norovirus, influenza.

46. Roll up to 1.5” diameter x 5” long; very basic shell mittens. Used to be a pair or Outdoor Research Revel Mitts, which are a bit larger and heavier and, in many ways, better, but those are in the pocket of my winter parka all the time.