

PERSONAL MEDICAL SUPPLIES/KIT

Personal Medications (waterproof container) [Have back up meds in base camp]
Tylenol, Aspirin, NSAID (Motrin/Advil/others) 20-30 tabs
Personal cold remedies
Band-aids-assorted sizes 10 or more
Sterile 2x2's and 4x4's gauze pads 6 or more
2 inch adhesive tape (silk/plastic/whatever your skin tolerates) 1 roll
Elastic bandage/ACE 3-4 inch wide 1 or 2 wraps
Triangular Bandage/Cravat 2 or 3 bandages
Moleskin or equivalent 4 to 6 four inch squares
Sunscreen, Windscreen, & Lip balm
Wound Antiseptic (Betadine 2-4 oz or 5-20 swabs) [For iodine allergic Hibiclens or other substitute)
Antibiotic ointment 15 gm tube
Other specific essentials for your personal needs/medical conditions
Rubber gloves, non-sterile that fit you 5 pairs
Back-up contacts, back up glasses, sunglasses, personal eye protection

MEDICAL ALERT INFO: besides your bracelet/dog tags, or other warning. Carry a 3x5 card with you that states the following- Your active medical problems, history of surgery, current medications with dose/regimen, allergies, relevant travel or occupational exposure and next of kin contact info. Keep this card along with an ID/Driver's License and Medical Insurance Card in your left shirt pocket.

EXAMPLE

BLOW, JOE SSN-999458777 AGE 42
HYPERTENSION
HYPERCHOLESTEROLEMIA
HYPOTHYROIDISM

APPENDECTOMY 1972
CHOLECYSTECTOMY 1984
ORIF RIGHT TIB/FIB FX

LIPTOR 100 MG QD
SYNTHYROID .125 MCG QD
LASIX 20 MG BID

ALLERGIES- BEE STINGS
PENICILLIN

WORK-SALVAGE DIVER
TRAVEL-SOUTHWEST ASIA
IRAQ

NOK- WIFE BLOW, BARBARA
HOME 215-888-4235
WORK 215-888-7788
CELL 215-888-9997