

# Medic Bag Inventory

## Pre-trip check list:

- Take inventory (check dates on medications)
- Team liability waivers
- List of emergency numbers
- Evacuation insurance information

## Abdominal Medication

- Diarrhea Medicine (Immodium)
- Nausea Medicine (Pepto Bismol)
- Laxative (Ex-Lax)
- Anti-acid (Rolaids)
- Antibiotics (Cipro)

## Allergy and Sinus Medication

- Antihistamine (Benadryl)
- Decongestant (Sudafed)
- Cold Medicine (Alka Seltzer Plus)
- Cough Medicine (Robitussin)
- Throat Lozenges (Cloraseptic)

## Pain Medication

- Aspirin
- Acetaminophen (Tylenol)
- Ibuprofen (Motrin)

## Dressings and Bandages

- Adhesive bandages (Band-aids)
- Adhesive tape
- Gauze
- Sterile bandages
  - 2x2
  - 4x4
- Cotton Swabs (Q-tips)
- Ace Bandage
- Blister cover
- Splint

## Applications

- Muscle Rub (Ben-Gay)
- Antibiotic ointment (Neosporin)
- Anti-itch cream (Hydrocortisone)
- Anti-fungal cream (Tinactin)
- Eye-drops (Visine)
- Eye Irrigate solution
- Burn Cream / Gel
- Instant cold compress
- Alcohol swabs
- Peroxide swabs

## Assessment Equipment

- Surgical gloves
- Thermometer
- Thermometer sheaths
- Penlight / Flashlight
- Blood pressure cuff
- Stethoscope
- Scissors
- Tweezers

## Miscellaneous

- First-aid manual
- Alcohol Wash
- CPR Mask
- Sugar drops / Candy
- Pamprin
- Tampons