

Keith Conover, M.D., FACEP
Daypack/Cavepack Medical Kit
 Revision 0.1 9/8/99

✓	#	Equipment	Exp. Date
	1	small packet toilet paper	N/A
	1	8 cc bottle hand sanitizer	(9/01)
	2	large safety pins	N/A
	1	paper clip	N/A
	1	string for ring removal	N/A
	1	OB-type compressed tampon (dressing)	
	1	2-balloon nasal hemostat	
	1	compressed surgical sponge anterior nasal pack	
	6	alcohol prep pads, in foil	
	4	regular-size band-aids	
	2	large-size band-aids	
	2	sterile 4x4" gauze pads (hemostasis aid)	
	2	3" x 4" pieces of moleskin	
	2	small pieces of clear adherent dressing (e.g., Tegaderm™, OpSite™)	
	1	packet rehydration salts	(1/01)
	1	packet Gatorade® powder, to make 1 liter	(9/01)
	1	6.5 Endotracheal Tube for digital intubation	
	1	surgical lubricant packet (for nasal intubation)	
	1	one-way valve (for mouth-to-tube ventilation)	
	1	keyring CPR shield	N/A
	1	#15 scalpel blade	N/A
	1	#11 scalpel blade	N/A
	2	pair latex exam gloves	
	1	3" by 5 yards (stretched) elastic bandage (e.g., Ace®, Coban®, Vet-Wrap®)	

✓	#	Equipment External to Kit	Exp. Date
	1	Sawyer Extractor™ snakebite kit	
	1	SamSplint® or similar splint	
	1	pair small sharp scissors (not necessary if available on pocket knife)	
	1	pair fine-point splinter forceps (not necessary if available on pocket knife)	
	1	3-yard roll of duct tape (not needed in kit if kept on water bottle)	

✓	#	Injection Equipment	Exp. Date
	2	3 cc Interlink® syringes	
	2	25 ga SQ needles	
	2	21 or 22 ga IM needles	
	2	18 ga long IV catheters	
	2	Interlink® saline lock extension/adapters	
	1	Interlink® IV tubing adapter	
	3	Interlink® vial access cannulae	
	1	saline flush 20 cc bottle	
	1	benzoin 8 cc bottle	
	3	Q tips for applying benzoin	
	1	venous tourniquet (for starting IV)	

✓	#	Injectable Medications	Exp. Date
	2	epinephrine 1:1000 1 cc	5/01
	2	diphenhydramine 50 mg Injection	3/02
	4	morphine sulfate injection, 20 mg vial	9/01
	2	naloxone 2 mg injection	5/00
	2	droperidol 5 mg injection	4/01
	1	midazolam injection 50mg/10cc	8/00
	1	Bupivacaine 0.5% 10cc	6/00

✓	#	Misc. Medications	Exp. Date
	1	albuterol rotohaler	6/00
	10	albuterol capsules for above	
	1	StingEze® 3cc bottle	(1/01)
	1	nitroglycerine spray bottle	2/01
	1	tetracaine 1cc dropper bottle	3/00

✓	#	Pills	Exp. Date
	6	500 mg acetaminophen tablets	(1/00)
	6	220 mg naproxen tablets	3/01
	8	loperamide 2 mg tablets	10/99
	6	81 mg aspirin tablets	(1/01)
	8	famotidine tablets 10 mg (e.g., Pepcid-AC®)	(1/01)

✓	#	Personal Items	Exp. Date