

Keith Conover, M.D., FACEP
Everyday Personal Emergency Kit
Revision 4.1 September 16, 2006

✓	#		Exp. Date
Survival Etc. Bagⁱ			
	4	large lawn-leaf bags for survival shelters	N/A
	1	magnesium firestarter	N/A
	1	tiny survival compass	N/A
	1	Fiskars™ knife sharpener	N/A
	1	lightweight water bag	(9/07) ⁱⁱ
	1	btl. Iodine water tablets ⁱⁱⁱ	(9/07)
	2	200-250 kcal food bars, sealed in plastic	(9/07)
	1	pair disposable handcuffs	N/A
	1	tiny dropper btl. contact lens solution	(9/07)
	1	pair spare contact lenses	(09/07)
	1	spare contacts case	N/A
	1	pair spare glasses	N/A
	1	eyeglasses repair kit	N/A
	1	Petzl Zipka Plus headlight with AAA lithium cells and spare set of 3 AAA lithium cells ^{iv}	(9/07)
	2	2 yard roll duct tape	N/A
	1	windproof lighter	N/A
	1	Small pencil	
	1	Rite-in-the-Rain mini SAR notebook	
	1	Tiny pencil sharpener	
	1	small packet toilet paper	N/A
	2	large safety pins	N/A
	2	paper clip	N/A
Items outside survival bag, loose in backpack			
	1	pr. Paramedic shears	N/A
	1	lightweight center punch	N/A
	1	50-ft length Kelty Triptease cord ^v	N/A
	1	30 mL bottle 3M Ultrathon DEET insect repellent	(9/07)
	1	30 mL bottle SPF 45 sunblock	(9/07)
	1	LightLoad compr. Towel	
	4	Lightweight Velcro reflective armbands ^{vi}	
	1	Spare cellphone battery, in plastic bag	
Winter Only			
	1	pr. ice “creepers”	N/A
	1	tiny btl. lock deicer	(9/07)
Medical Bag			

	1	string for ring removal	N/A
	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	
	4	regular-size band-aids	
	2	large-size band-aids	
	2	knuckle band-aids	
	2	fingertip band-aids	
	1	ampule of Dermabond wound adhesive	
	2	sterile 4x4” gauze pads ^{ix}	
	1	packet rehydration salts	(9/07)
	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	N/A
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	Interlink® vial amLess cannulae	
	1	saline flush 20 mL bottle	
	2	benzoin swabs, disposable	
	1	IV start pack	
Injectable Medications			
	2	epinephrine 1:1000 1 mL	
	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 ^{xi}	
	1	Bupivacaine 0.5% 10mL ^{xii}	
	Misc. Medications		
	1	albuterol inhaler	
	1	StingEze® 3mL btl.	(9/07)
	1	nitroglycerine spray btl.	
	1	tetracaine 1mL dropper btl.	
	Pills		
	6	acetaminophen 500 mg	
	8	naproxen 220 mg	
	8	loperamide 2 mg	^{xiii}
	6	aspirin 81 mg	(9/07)
	8	famotidine 10 mg chewable	
	10	100 mg chewable ibuprofen tablets	
	12	Prochlorperazine (e.g., Compazine) 5 mg tablets ^{xiv}	11/07
	Items outside medical bag, loose in buttpack		
	1	keyring CPR shield	N/A
	2	pr. Latex exam gloves	

Stuff for Kids			
	2	Small new toys for kids ^{xv}	
	1	Package of pocket Kleenex	
	1	“Emergency Backup Binky”	
	2	Prepackaged wet hand wipes	
	2	Prepackaged GoJo hand cleaner wipes	

ⁱ 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.

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

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

^{iv} Originally I carried two Photon lights with JakStrap headbands; however, the Petzl Zipka Plus headlamp with AAA lithium cells is only a bit heavier, and a much better headlight in many ways. I carry a Swisschamp Swiss Army knife, a small lockback knife and 2 photon lights on my person at all times; if not they would be listed here.

^v 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.

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

^{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} For organophosphate or nerve gas exposure.

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

^{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} 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.

^{xv} 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.