

Lefty Prepper Mom's **RECOMMENDED EMERGENCY MEDICAL SUPPLIES**

Basic emergency supplies:

- Several pairs of Latex or other sterile gloves if you are allergic to Latex
- Sterile gauze dressings to stop bleeding
- Cleansing agent/soap and antibiotic towelettes
- Antibiotic ointment
- Burn ointment
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes or as general decontaminant
- Thermometer
- Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.
- Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies

Non-prescription drugs:

- Allergy medication (Benadryl, or Diphenhydramine)
- Anti-diarrhea medication
- Antacid
- Laxative
- Pain reliever (Aspirin, Ibuprofen and/or Acetaminophen)

Other first aid supplies:

- Head lamp
- Scissors
- Tweezers
- Sutures and needle drivers
- Sling, splint(s)
- Tissue adhesive or super glue (fresh tube)
- Tissue stapler
- Tourniquet
- Duct tape

More to consider:

- Take a first-aid class
- Take a CPR class
- Ask your doctor if she will prescribe you some just-in-case antibiotics, including:
 - *Augmentin* – antibiotic for skin, lung, dental and sinus infections
 - *Azithromycin* – antibiotic for lung and skin and skin infections
 - *Bactrim* – antibiotic for bladder and skin infections
 - *Cipro* – antibiotic for bladder and kidney infections & traveler's diarrhea
 - *Tamiflu* – antiviral to treat influenza
 - *Tramadol* – pain medication (to take if Ibuprofen or Tylenol are not strong enough)