

## **NATIONAL MILITIA STANDARDS**

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### **9.0 FIELD MEDICS GUIDE**

Team Medics Bag:

The following information was taken from the book "Plain Talk Medicine for Uncertain Times and Places by the "y2k Doc" It is recommended that everyone stock the following items to be prepared for emergency or disaster.

**BASIC Over the counter MEDICINES:**

Benadryl (generic) 30 pills - 2 boxes  
Benadryl liquid (generic) 4 oz. - 8 vials  
Afrin nose spray (generic) - 2 vials  
Normal saline nose spray - 2 vials  
Sudafed (generic) - 96 pills  
Pediapcare (generic) - 4 vials  
Miconazole 7 - 5 boxes  
Lotrimin Cream (generic) 30 gm tube  
Advil (generic) 200mg 1,000 pills  
Tylenol (generic) 500mg 1000 pills  
Naphcon A - 2 vials  
Eye irrigating solution 4 oz - 3 vials  
Saline solution (homemade)  
500 Aspirin  
Imodium AD (generic) 24 pills - 2 boxes  
Cimetidine 200mg 60 pills - 2 boxes  
Rolaids (generic) 150 tabs - 2 bottles  
For sore throat/colds: Honey, lemon, zinc, vitamin C and echinacia

**POISON ANTIDOTES:**

Ipecac Syrup  
Activated Charcoal (25 gm per bottle)

**WOUND CARE:**

Hydrogen peroxide - 2 quarts  
Providone/iodine - 1 pint  
Rubbing alcohol - 1 quart  
Generic Neosporin X 4 tubes  
Bacitracin X 1 tube  
Band-Aids 3 boxes of 50  
Butterfly bandages 4 boxes of 10  
Knuckle and fingertip band- aids 20 per box  
Sterile 4X4 gauze pads 25 - 4 boxes  
Non-sterile 4X4 gauze pads 24 per box - 2 boxes  
Sterile non stick pads such as Telfa - 2 boxes  
Kerlix 4 yd roll 4.5" wide - 4 rolls  
Kling 3.6 yd roll 3 inches wide 5 rolls to a box - 2 boxes  
Surgipad dressing 5" X 9" X 12  
Cloth adhesive tape 1" 10yds - 4 rolls  
Ctoth adhesive tape 3" 1 yds X 2 rolls

**BASIC ORTHOPEDICS:**

Ace wraps 3" X 4  
Ace wraps 4" X 2  
Ace wraps 6" X 2  
Sam's splint X 3  
Crutches

**SUPPLIES:**

Ear wax removal kit  
Stethoscope  
Blood pressure cuff  
Otoscope with ear specula  
Flashlight  
5cc syringes for ORS rehydration

**ADVANCED FIRST AID:**

Suture Kits  
Nylon Sutures  
Dental Kits with forceps  
IV Rehydration Kits  
Sterile gloves

**Recommended Medicines:**

**Primary Antibiotics:**

Trimethoprim/Sulfa DS 28 pills = 14 days  
Doxycyclene 100mg 28 pills = 14 days  
Erythromycin 500mg 42 pills = 14 days  
Cephalexin 500mg 56 pills = 14 days

**Secondary Antibiotics:**

Metronidazole 500mg 42 pills = 14 days  
Mebendazole 100mg 3 pills = 3 days  
Gentamicin Eye Drops 5 ml  
Neo/Poly HCT ear drops

**Broad Spectrum Antibiotics:**

Zithromax 250mg - 6 pills = 5 days  
Trovan 200mg 14 pills = 14 days

**Local Anesthetic:**

Lidocaine 1% w/ epinephrine  
Marcaine 0.25% w/ epi

**Side Effect Medication:**

Prednisone 20mg 30 pills  
Promethazine 25mg 30 pills

**Recommended Medical Manuals:**

The American Red Cross First Aid and Safety Handbook  
The AMA Family Medical Guide  
The Merck Manual  
The PDR Pocket Guide to Prescription Drugs

Where There is No Doctor  
Ditch Medicine: Advanced Field Procedures for Emergencies

Decontamination:

Either you prepare for bio war or you die if you get hit. Everyone should stock the basic supplies on this list.

1. Plastic garden sprayer-2 gallon
2. Chlorine bleach-6 gallons minimum
3. Filter masks-2 per person
4. Rubbing alcohol- 1 gallon minimum
5. Oil-based soap (Fels Napha 12 bars minimum)
6. Iodine shampoo (anti-bacterial) 1 per person
7. Epinephrine 1:1000 (10 cc vial) 1 per person
8. OxyTet-50
9. Combiotic (100 ml) 1 per person
10. Tetracycline (100 ml) 1 per person
11. Cipro
12. Neosynephrine 1 per person
13. Sevin dust, Rotenone, and other insecticides