

PF Medic Document

First Aid Kit List

First Aid Kit Essentials

- [EMT Shears](#)
- [Eye Wash Adapter](#)
- [ACE Bandages](#)
- [Burn Patches](#)
- [Sterile Gauze Pads](#)
- [Tweezers](#)
- [Burn Cream](#)
- [Cold Compress](#)
- Stomach Medicine (Anything that contains Bismuth Susalicylate or Dramamine)
- Antihistamine Medicine (Allergies)
- [Antibiotic Cream](#)
- [Nitrile Gloves](#)
- Band-aids (Small and Large)
- [Alcohol Wipes](#)
- [Bandage Tape](#)
- [Cotton Balls](#)
- [Rolled Gauze](#)
- Acetaminophen (Tylenol)
- Electrolyte Replenishment (Pedialyte, Salty Snack, Electrolyte Drink Mix, Etc.)
- Glucose or Sugar (M&M's)
- Extra Water Bottles
- Petroleum Jelly
- Moleskine
- Duct Tape

Total Cost: ~\$120

First Aid Kit: Marching Additions

- [Touriquinet](#)
- [Portable Stretcher](#)
- Sweater or light jacket (For extraction)

Total Cost: ~\$28 + hats

First Aid Kit: Hiking Additions

- [Mylar Blanket](#)
- Sunscreen
- [Compass](#)
- Map of Local Area
- Aloe Vera

Total Cost: ~\$15

Cuts

Burns

Gunshot Wounds

Splints

Improvising cloth rolls

You can cut a t-shirt into a cloth roll for use in splints. To begin, cut a triangle of 4" width on the long side down the front half of a t-shirt. You then spiral cut up the body of the t-shirt until you reach the armpits. You then cut the underarm seams, and round the corners. Continue cutting a 4" roll until you run out of room.

Walking Ankle Cast

To create a walking ankle cast, mold stirrups with a splint, pad with socks. Then place padded stirrup over boot. Use cloth roll and rap over bottom of stirrup in a figure-8 loop until the bottom of the splint is covered. Finish by wrapping over higher portion, and then tie off by splitting the end of the cloth strip. Note this cast loosens over time, and all shock typically absorbed by ankle will be directed to the knee.

Forearm and Wrist Cast

Form the splint by rolling the end twice as a knob for the hands, and curving the bottom to the shape of the forearm. Mold, pad, and anchor the splint at the wrist. Begin wrapping starting at the arm side of the wrist towards the elbow, then reverse directions just before the elbow. Wrap all the way to the knuckles, then back to the wrist. Split the end and tie off.

Allergic Reactions

Ticks and Mosquitos and Insect Stings

Ticks

- Use fine tipped tweezers to grab the tick as close to the skin as possible.
- Pull up steadily. Do not jerk or twist.
- Dispose of the tick in a container, i.e. empty water bottle. Do not crush it.
- Thoroughly sanitize the bite area.

Mosquitos

Insect Stings

Snake Bites

Blisters

Litter Carry and Fireman Carry

PF Medic Workshop

- Workshop: Pre-event preparation
 - Should be made clear that a nearby hospital should be known to medics at the event. Do your best to avoid hospitals in sketchy areas.
 - Medics should also know any notable medical conditions of people attending. Examples are diabetes, severe allergies, asthma, heart problems, etc. Medic should carry medicine to treat a flare up of any known medical conditions as they are able.
- Workshop: Fireman Carry
 - Supplies: None
 - Start by demonstrating fireman carry.
 - Break up the class into groups of two, matching by size as best as possible. No fatties!
 - Have each group fireman carry in sequence. Give comments on form. If form can be improved, have the person perform the carry again.
- Workshop: Blisters
 - The most important part of blister treatment is prevention. Talk to activists before an event and make sure shoes are broken in and properly tightened. If an activists knows of a problem area, adhesive moleskin can be applied to prevent blisters in that area.
 - Moleskin can also be applied when an activist begins experiencing discomfort due to friction.
 - Avoid draining the blister if possible. Apply a bandage and padding around the blister area to help protect it.
 - If it is necessary to drain the blister, sterilize a needle with disinfectant, and then pierce one edge of the blister to allow the fluid to drain. Apply petroleum jelly, then cover and protect the blister with a bandage.
- Workshop: Ticks
 - Use fine tipped tweezers to grab the tick as close to the skin as possible.
 - Pull up steadily. Do not jerk or twist.
 - Dispose of the tick in a container, i.e. empty water bottle. Do not crush it.
 - Thoroughly sanitize the bite area.
 - **Look into simulating tick bite for this exercise?**
- Workshop: Splint
 - Supplies: Sam splint; Trash t-shirt from thrift store; Trauma Shears
 - Begin by giving a demonstration of cutting up a t-shirt into a cloth roll.
 - After the demonstration, have students cut up their own cloth roll. Priority should be given to regional medics without this experience.

- Give criticism on how the roll was cut, aiming to improve it the next time this skill is needed.
 - Give a demonstration on splints. Priority should be given to splints that give activists mobility, such as ankle and knee splints. Forearm, wrist, and hand splints can be covered as well if there is enough time.
 - For injured limbs, inform students of the acronym **R.I.C.E.** This stands for **Rest-Ice-Compress-Elevate**. Have students repeat to you multiple times, and the sporadically throughout the rest of the training for memorization.
- Workshop: Burns
 - Workshop: Cuts