

FIRST AID CHECKLIST

Rainbow Gathering 2016

7Song

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Notes

This checklist is used mainly for first aid events. Not every medicine is brought each time, only the ones marked off. Each herbalist should consider and adapt individual medicines formulas that work in their specific situations. Some items are extra medicines that will likely not be on future checklists. This checklist is continually revised. The numbers listed under 1 oz & 2 oz are the number of that size bottle. Larger sizes are listed under 'other'. In 'P' the number is the size of the bottle in the personal bag. In 'B' is the quantity of that medicine that I have in backstock. There is no explanation here of how these medicines are used nor what the formulas contain, sorry.

Key

- ! Use with caution
- !! Experienced practitioners only
- F Formula
- B Back stock—to refill dispensing medicines
- P In personal bag, not for public use
- SH Medicines for self help area

TINCTURES

P	1oz	2oz	Other	Common name – Scientific name	B
1				Aconite–Aconitum columbianum !!	1
1		1		Acute Respiratory Tincture F	2
1	1			Anemone–Anemone spp	4,2
2	1			Antimicrobial Throat Spray F	
				Antiseptic Wash F	
1	1			Antispasmodic Compound F	1
1	1			Arnica–Arnica spp.	
				Baptisia–Baptisia tinctoria	
				Barberry–Berberis sp	
		1		Bee balm–Monarda fistulosa	
				Beggar ticks–Bidens spp.	
1				Belladonna–Atropa belladonna !!	1
				Bitter Tincture F	
2		1		Black cohosh–Actaea racemosa	2
1		1		Black haw–Viburnum prunifolium	
		1		Blackberry root–Rubus spp.	1
				Blue cohosh–Caulophyllum thalictroides	
		1		Blue vervain–Verbena hastata	
1		1		Calamus–Acorus calamus	2
				Calendula–Calendula officinalis	
1		1		California poppy–Eschscholtzia californica	2
		1		Catnip–Nepeta cataria	
		1		Cardamom–Elettaria cardamomum	
		1		Cascara sagrada–Rhamnus purshiana !	
				Cayenne–Capsicum spp.	
2		1		Chaparral–Larrea spp.	4
2		1		Chaparro amargosa–Castela emoryi	8
1		1		Cinnamon–Cinnamomum spp.	
	1			Clematis–Clematis spp.	
		2		Cold and Flu Tincture F	

TINCTURES

P	1oz	2oz	Other	Common name – Scientific name	B
1	1			Corydalis–Corydalis aurea	
		1		Cotton root–Gossypium spp.	
				Crampbark–Viburnum opulus	
				Damiana–Turnera spp.	
1	1			Decongestant Aid	F 4
		1		De-stress Extract	F 2
				Digestive Aid	F
	1			Don quai–Angelica sinensis	
2		1		Echinacea–Echinacea purpurea	16,8
				Echinacea/Goldenseal extract	F
		1		Elder–Sambucus canadensis	
	1			Epipactis–Epipactis helleborine	
2		1		Eyebright–Euphrasia spp.	4
		1		Fennel-Foeniculum vulgare	
	1			Fennel Spirits	
1	1			Feverfew–Tanacetum parthenium	1
1				Gelsemium–Gelsemium sempervirens !!	
				Gentian–Gentian spp	
		1		German chamomile–Matricaria recutita	2
	1			Ghost pipe–Monotropa uniflora	
	1			Ginger–Zingiber officinale	
				Ginseng–Panax quinquefolius	
2	1			Goldenseal–Hydrastis canadensis	4,2
		1		Grindelia–Grindelia spp.	2
1	1	1		Hops–Humulus lupulus	4,2
2		1		Jamaican dogwood–Piscidia piscipula	4
2		1		Kava kava–Piper methysticum	4

MEDICINE-MAKING SUPPLIES KITCHEN EQUIPMENT

Ethanol	Bowl
Calculator	Buckets
Cleaver	Cooking pot
Cutting board	Cup-stainless steel
Jars	Cups-disposable
Honey	Jars-to prepare tea
Isopropyl alcohol	Lamp
Labels	Lighter/matches
Marking pen	Propane tanks
Measuring cup	Spatula
Plastic bags (for weighing herbs)	Stove
Scale	Strainer
Tape	Tea pot
Vinegar	Wash station equipment
	Water filter
	Utensils

TINCTURES

P	1oz	2oz	Other	Common name – Scientific name	B
	1			Lavender–Lavandula spp.	
		1		Lemon balm–Melissa officinalis	
		1		Licorice–Glycyrrhiza spp	
1		1		Lobelia–Lobelia inflata !	2
				Lomatium–Lomatium dissectum	
1		1		Ma huang–Ephedra sinica !	
2		1		Meadowsweet–Filipendula ulmaria	4,2
				Mimosa bark–Albizia julibrissin	
		1		Motherwort–Leonurus cardiaca	
				Myrrh–Commiphora spp.	
				Nervine Tincture	F
				Neutralizing Cordial	F
4		1		Oregon grape/Algerita–Berberis spp.	8
2		1		Osha–Ligusticum porteri	2
				Pain Relief Tincture	F
1		1		Passionflower–Passiflora incarnata	2
		1		Pedicularis–P. groenlandica, P. spp.	2
1		1		Peppermint Spirits	
1				Poke–Phytolacca americana !	
				Prickly ash–Zanthoxylum spp	
2		1		Propolis	2
2		1		Ragweed–Ambrosia artemisiifolia	2
		1		Shepherd’s purse–Capsella bursa-pastoris	
				Silk tassel leaf–Garrya spp. !	
1		1		Silk tassel root bark–Garrya spp. !	
				Sleep Aid Tincture	F
2		1		Skullcap–Scutellaria lateriflora/S. sp	4
2		1		Skeletal Muscle Relaxant	F 4
		1		Skunk cabbage–Symplocarpus foetidus	

TINCTURES

P	1oz	2oz	Other	Common name – Scientific name	B
1	1			St. Johnswort–Hypericum perforatum	2
	1			Staph Dismissed Tincture	F 2
	1			Sundew–Drosera spp.	
				Thyme–Thymus spp.	
		1		Tooth and Gum Tonic	F 2
1				Trillium–Trillium spp.	
		1		Turkey rhubarb–Rheum spp.	
		1		Turmeric–Curcuma spp.	2
		1		Un-Headache Tincture	F
		1		Urinary Tract Tincture	F 8
		1		Usnea–Usnea spp.	4
		1		Uva ursi–Arctostaphylos uva-ursi	
		1		Valerian–Valeriana officinalis	4
				Vitex–Vitex agnus-castus	
				Warming Lung Tincture	F
		1		White oak–Quercus alba	
	1			Wild cherry–Prunus serotina	2
1	1			Wild lettuce–Lactuca spp.	8
				Wild oats–Avena spp	
1		1		Wild yam–Dioscorea villosa	2
2		1		Willow–Salix spp.	8
				Witch hazel–Hamamelis virginiana	
				Wolfberry–Lycium pallidum	
		1		Yerba mansa–Anemopsis californica	
		1		Yerba santa–Eriodictyon spp	

CLOTHES

		Bandana
		Blanket
		Boots
		Gloves
		Hat-Sun
		Hat-warm
		Long johns
		Long-sleeved shirt
		Rain jacket

		Warm clothes
		Vest

PERSONAL GEAR AND BOOKS

Bathroom gear
Bowl/Plate
Botany field guides
Botany kit
Cell phone
Chair–foldable
Cup
Ear plugs
Reading glasses
Snacks

WILDCRAFTING EQUIPMENT

Burlap bags
Cleaver
Cutting board
De-barking knife
Digging fork
Draw knife
Hori-hori
Paper bags
Pruners
Saw
Shovel-full size
Shovel-compact
Sharpening tool
Tarps

EQUIPMENT AND SUPPLIES

Pers	Size#	Name	SH

Glycerites

P	1oz	2oz	Other	Common name - Scientific name	B
	1			Barberry root— <i>Berberis vulgaris</i>	4
		1		Bee balm— <i>Monarda</i> sp.	
	1			California poppy— <i>Eschscholtzia californica</i>	4
		1		Cardamom— <i>Elettaria cardamomum</i>	
		1		Catnip— <i>Nepeta cataria</i>	
		1		Cedar Berries— <i>Juniperus</i> sp	
		1		Chamomile— <i>Matricaria chamomilla</i>	
	1			Echinacea— <i>Echinacea purpurea</i>	8
	1			Eyebright— <i>Euphrasia officinalis</i>	4
		1		Gentian root— <i>Gentiana lutea</i>	
		1		Ginseng— <i>Panax quinquefolius</i>	
	1			Goldenseal— <i>Hydrastis canadensis</i>	4
	1			Hops— <i>Humulus lupulus</i>	4
	1			Kava— <i>Piper methysticum</i>	4
		1		Oak— <i>Quercus alba</i>	
	1			Osha— <i>Ligusticum porteri</i>	4
	1			Rose petal— <i>Rosa damascena</i>	4
		1		Thyme — <i>Thymus officinalis</i>	
		1		Tulsi— <i>Ocimum tenuiflorum</i>	
		1		Valerian— <i>Valeriana officinalis</i>	2
		1		Yerba Santa— <i>Eriodictyon californicum</i>	

Wound Care Kit

P	1oz	2oz	Other	Name	B
				Tools	
			✓	Bandana	
			✓	Cloth	
			✓	Eye cup	
			✓	Flashlight	
			✓	Instant glue	
			✓	Marker	
			✓	Multi-tool	
			✓	Nail clipper	
			✓	Pad/Pen	
			✓	Razor blade	
			✓	Scalpel/extra blades	
			✓	Scissors-bandage	
			✓	Tweezers	
				Wraps, Band-aids, etc	
			✓	Antiseptic wipes	
			✓	Applicators, Q-tips, etc	
			✓	Band-aids	
			✓	Burn dressing	
			✓	Cold pack	
			✓	Elastic/Sports wrap	
			✓	Gauze pads	
			✓	Gloves	
			✓	Steri-strips	
			✓	Vet wrap/Coban	
				Medicine/Liquids	
		¼ oz		Abies pitch	
		4 oz		Activated charcoal	
		½ oz		Clove essential oil	
		½ oz		Lavender essential oil	
	1			Povidine iodine	
	1			Propolis tincture	
			✓	Salve(s)	
			✓	Yunnan Baiyao	

EQUIPMENT AND SUPPLIES

P	Size#	Name	SH
	✓	Tape-Bandage-various sizes and types	
	2	Tarps	
	1	Tea pot	
		Tick removal tool	
		Thermometer	
	✓	Tongue depressors	
		Toothbrushes-give away	✓
		Towel-for compress	
		Toys for children	
		Trash bags, heavy duty (for medical waste)	
	3	Trays-Stainless steel (for clean field)	
	3	Tweezers	
	150	Vials, empty-to go medicines	
		Vitamins	
		Watch	
		Water bottle	
		Whistle	
	1	White board-for messages (with markers)	

EQUIPMENT AND SUPPLIES

P	Size#	Name	SH
		Plastic bags–for soaks	
		Plastic wrap	
		Probiotics	
	✓	Q-tips	
	✓	Razor blades	
		Recording device	
	✓	Respiratory masks	
		Rope/String	
		Safety pins	
		Saline solution–eye wash	
	✓	SAM splint	
	✓	Scalpel and extra blades	
	✓	Scissors–various	
	2	Scissors–bandage	
		Scissors–surgical	
	6	Shaving razor–disposable	
	3	Sign–first aid station	
	✓	Sign making materials	
		Signs–various	
		Snacks	
	45	Spoons–disposable	
		Soap	
	2	Solar lamp	
	✓	Splints	
	1	Spray bottle	
		Stethoscope	
		Stretcher	
	5	Stuffed animals	
		Sun block	
		Suture kit	
		Tampons/Sanitary pads	
	2 rolls	Tape–Duct	

LINIMENTS

P	1oz	2oz	Other	Name	B
1		1		Arnica liniment	2
				Belladonna liniment	!!
				Lobelia liniment	!
				Witch hazel liniment	
				Wound liniment	

SYRUPS

P	1oz	2oz	Other	Name	B
				Cough drops	
				Cough syrup	
				Garlic honey	
2			4	Osha honey	4
			4	Wild cherry honey	
				Throat lozenges	
				Turmeric honey	
			8	TM-Echinacea/Elder	8
			16	TM-Herba Tussin	32
				TM-Throat Coat	

VINEGARS

P	1oz	2oz	Other	Common name – Scientific name	B
				Cayenne/Garlic vinegar	
	1			Lobelia vinegar	
				Valerian vinegar	

OILS and TEA BLENDS

P	1oz	2oz	Other	Common name-Scientific name	B
				Arnica oil	
				Arnica/St. Johnswort oil	
				Balsam fir oil	
				Belladonna oil	!!
				Blend 1	
				Blend 2	
				Calendula oil	
			8	Castor oil	
				Chaparral oil	
				Comfrey oil	
	1			Ear oil	F
				Insect Repellent Oil	F
				Massage blends	F
				Mineral oil	
				Poplar bud oil	
4		1		Trauma Oil	F 8
				Tea-Calming	
				Tea-Disinfecting	
				Tea-Diuretic	
				Tea-Nutritive	
				Tea-Tasty	
				Tea-Urinary Tract	

EQUIPMENT AND SUPPLIES

P	Size#	Name	SH
	✓	Electrolyte replacement/Emergen-C	
	3	Epinephrine kit	
	1	Eye cup	
	2	Finger splints	
		Flashlight-Give away	
✓		Flashlight-Headlamp	
✓		Flashlight-Small, strong lighting	
		Funnel	
	✓	Gloves (disposable)	
		Glucometer	
	✓	Glue-Instant	
		Honey-Medicated	
		Hot water bottle	
		Hydrogen peroxide	
		Insect netting	
		Iodine/Betadine solution	
		Insect repellent	
	2	Irrigation syringe	
	20 oz	Isopropyl alcohol	
		Knife	
		Labels	
	✓	Lidocaine	
		Lighter/Matches	
	✓	Lights/Lamps-hanging	
		Magnification tool/loupe	
	✓	Markers	
		Mirror	
	✓	Multi-use pocket tool	
1	1	Nail clippers	
		Nail file	
	✓	NSAID's	
	24	Pads-Personal for patient records	
		Paper-For Notes	
		Paper towels	
		Pencils/Pens	

EQUIPMENT AND SUPPLIES

P	Size#	Name	SH
		Band-Aids, Bandages and Wraps	
	1	Bandage-Elastic, Sports	
	✓	Bandages-butterfly	
		Bandage-tubular (Band net)	
	✓	Band-Aids-various sized and types	
	✓	Burn dressing	
		Eye pads	
	✓	Gauze pads	
	✓	Gauze roll	
		Gauze strips	
	✓	Medi-pore	
	✓	Non-adhesive dressing	
	✓	Steri-Strips	
	✓	Wrap (Vet)-flexible, self-adherent	
		Aloe vera gel	
	✓	Antiseptic wipes	
	✓	Applicators	
	✓	Aspirin	
		Benadryl/Diphenhydramine	✓
		Burn gel	
		Braces	
	✓	Brush-to wash containers	
		Bungee cords	
		Candles	
		Chemical/Pepper spray detox	
		Cloth	
	✓	Cold pack	
		Communication equipment	
		Compass	
		Condoms	
	✓	Container-soaks	
	5	Droppers-extra (various sizes)	
	✓	Ear plugs	

SALVES AND BALMS

P	1oz	2oz	Other	Common name - Scientific name	B
				Antiinfective salve	
			4	Bruise salve/Deep Tissue salve	
2		1	4	First Aid salve	
				Garden salve	
2		1		Golden salve	
		1		Healing salve/First Aid Scar Fade	
				Injury salve	
		1		All-purpose salve	
				Lip salve	
		1		Tiger balm/Joint salve	

ESSENTIAL OILS

P	Size	Name	B
		Camphor	
✓	✓	Clove	
		Eucalyptus	
✓	✓	Lavender	
		Peppermint	
✓	✓	Tea tree	
		Thyme	
		Wintergreen	

OTHER MEDICINES

P	Size	Name	B
		Abies pitch	

POWDERS, CAPSULES, PATENT MEDICINES

P	Size	Name	SH
		Activated charcoal-bags	
		Activated charcoal caps	
8	16	Activated charcoal powder	16
		Astringents	
		Baking soda	
		Cayenne	
		Cascara sagrada caps	
	5	California poppy caps	
	±16	Clay	
		Garlic	
		Ginger	
		Kava kava	
		Licorice root	
	3	Salt	
		Turmeric	
4	8	Slippery elm	
		Senna caps	
	✓	Salonpas	
	✓	Yunnan Baiyao	
	✓	Tooth powder	
		Vitamin C	

P	Size	Name	SH

SINGLE HERBS, FOODS, and OTHER

P	Size	Name	B
		Berberis sp	
	6 oz	Chaparral	
		Cinnamon	
		Cloves	
		Coffee	
✓		Datura leaf !!	
		Fennel seed	
		Garlic, fresh	
		Ginger, dry	
		Ginger, candy	
		Ginger, fresh	
		Honey	
		Lemon	
	3 oz	Licorice root	
		Ma huang !	
		Nut butter	
		Olive oil	
		Osha root	
		Peanut butter	
		Probiotics	
		Snacks	
	✓	Tobacco	
	✓	Tea-Black	
		Tea-Green	

P	Size	Name	B