

FIRST AID CHECKLIST

Rainbow Gathering 2017

Northeast School of Botanical Medicine

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Note

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 and formulas that work in their specific situations.

This checklist is continually revised depending on what I have available. For instance, if I get a large donation, it may just show up once.

The numbers listed under 1 oz & 2 oz are the number of that size bottle coming to a particular event. 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.

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

Skeletal Muscle Relaxants

Black cohosh	Kava kava	Lousewort
Jamaican dogwood	Skullcap	

Trauma Aid

Anemone	Blue vervain	California poppy
Lavender eo	Lobelia	Rose
St. Johnswort	Tulsi	Valerian

Vulneraries

Aloe	Arnica	Calendula
Chickweed	Comfrey	Plantain
Slippery elm	St. Johnswort	Yarrow

Digestive Remedies

Aloe	Bitters	Cardamom
Catnip	Chamomile	Fennel
Ginger	Licorice	Meadowsweet
Mint	Neutralizing cordial	Peppermint
Peppermint spirits	Slippery elm	Turkey rhubarb

Demulcents

Aloe	Licorice	Comfrey
Mallow	Marshmallow	Slippery elm

Hemostatics

Cayenne	Cinnamon	Shepherd's purse
Yarrow	Yunnan Paiyao	

Pain Remedies

Antiinflammatories	Antispasmodics	California poppy
Epipactis	Hops	Jamaican dogwood
Kava kava	Lobelia	Skeletal muscle relaxants
Skullcap	St. Johnswort	Valerian
Wild lettuce		

Sedatives

California poppy	Hops	Kava kava
Lobelia	Passionflower	Skullcap
Valerian	Wild lettuce	

TINCTURES

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

TINCTURES

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

Medicinal Plant Categories

Allergies

Ragweed	Ephedra	Eyebright
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Antiinfectives

Baptisia	Boneset	Calendula
Chaparral	Conifer resins	Echinacea
Garlic	Goldenseal	Myrrh
Oregon graperoot	Osha	Propolis
Yarrow		

Antiinflammatories

Aloe	Arnica	Calendula
Chamomile	Ginger	Licorice
Meadowsweet	Poplar	St. Johnswort
Turmeric	Willow	Yarrow

Antispasmodics

Black haw	Crampbark	Jamaican dogwood
Silk tassel	Skullcap	Valerian

Astringents

Blackberry root	Geranium	Lady's mantle
Rose	Oak	Tea
Witch hazel	Yerba mansa	

Circulatory Stimulants

Bayberry	Cayenne	Ginger
Horseradish	Prickly ash	

MEDICINE-MAKING SUPPLIES KITCHEN EQUIPMENT

Calculator	Bowl
Cleaver	Buckets
Cutting board	Cooking pot
Ethanol 11 gallons	Cup-stainless steel
Jars ½ gallon 18	Cups-disposable
Jars 1 gallon 8	Gas cooker with equipment
Honey	Grill plate-large 1
Isopropyl alcohol	Grill plate-small 1
Labels	Jars-to prepare tea
Marking pen	Lamp
Measuring cup	Lighter/matches
Plastic bags (for weighing herbs)	Propane tank-small 3
Scale	Propane tank 20 gallon
Tape	Spatula
Vinegar	Stove
	Strainer
	Tea pot
	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	2
	1			Licorice-Glycyrrhiza spp	4
1	1			Lobelia-Lobelia inflata	4
				Lomatium-Lomatium dissectum	
1	1			Ma huang-Ephedra sinica !	2
	1			Meadowsweet-Filipendula ulmaria	4
1		1		Mimosa bark-Albizia julibrissin	4
		1		Motherwort-Leonurus cardiaca	
1		1		Myrrh-Commiphora spp.	4
				Nervine Tincture	F
	1			Neutralizing Cordial	F
4	2			Oregon grape/Algerita-Berberis spp.	8
2		1		Osha-Ligusticum porteri	4
1		1		Pain Relief Tincture	F 4
	1			Passionflower-Passiflora incarnata	4
2		1		Pedicularis-P. groenlandica, P. spp.	4
1	1			Peppermint Spirits	4
				Poke-Phytolacca americana !	
				Prickly ash-Zanthoxylum spp	
2		1		Propolis	4
2		1		Ragweed-Ambrosia artemisiifolia	2
		1		Shepherd's purse-Capsella bursa-pastoris	
				Silk tassel leaf-Garrya spp.	
2		1		Silk tassel root bark-Garrya spp.	4
1	1			Sleep Aid Tincture	F 2
2		1		Skullcap-Scutellaria lateriflora/S. sp	4
1		1		Skeletal Muscle Relaxant	F 4
				Skunk cabbage-Symplocarpus foetidus	

TINCTURES

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

		Sandals
		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
Novels 2
Audiobook(s) for cross-country trip
Gazetteers to mark specific plants. For each state/
Marc Williams Plant List

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-Items to add in	SH
	35	Pocket-sized notebooks (for students)	
	800	Patient Intake Forms	
	250	Trash can liners for foot soaks	
	1	Cleaver	
	1	Clock	
	2	Radio	
	1	Cot	
	11	Clipboards	
	2	White cloth boxes for herbs and supplies	
	1	Chalkboard (with chalkboard)	
		Dispensing Equipment	
	150	Plastic spoons	
	35	½ oz salve containers	
	250	1 oz plastic 'to go' bottles	
	300	Paper cups 3 oz and various	
		Self Help Station	
	300	Toothbrushes	
	50	Dental floss	

Glycerites

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

Wound Care Kit

P	1oz	2oz	Other	Name	B
				Tools	
			1	Bandana //add thermometer	
			1	Eye cup	
			1	Flashlight	
			1	Instant glue	
			1	Marker	
			1	Multi-tool	
			1	Nail clipper	
			1	Pad/Pen	
			3	Razor blade	
			3	Scalpel	
			1	Scissors-bandage	
			1	Thermometer	
			1//1	Tweezers///Tick remover	
				Wraps, Band-aids, etc	
			3	Antiseptic wipes	
			3	Applicators, Q-tips, etc	
			✓	Band-aids	
			2	Burn dressing	
			2	Cold pack	
			1	Elastic/Sports wrap	
			✓	Gauze pads	
			8	Gloves	
			✓	Steri-strips	
			2	Vet wrap/Coban	
				Medicine/Liquids	
			1	Lidocaine gel	
			4 oz	Activated charcoal	
				Clove essential oil	
			1	Lavender essential oil	
				Povidine iodine	
			2 oz	Propolis tincture	
			1	Salve(s)	
			3	Yunnan Baiyao powder and caps	

EQUIPMENT AND SUPPLIES

P	Size#	Name	SH
		Stethoscope	
		Stretcher	
	2	Stuffed animals	
		Sun block	
	1	Suture kit	
		Tape-Duct	
	2 rolls	Tape-for labels	
		Tape-Surgical	
	1	Tea pot	
		Tick removal tool	
	1	Thermometer	
	✓	Tongue depressors	
	300	Toothbrushes-give away	
		Towel-for compress	
		Toys for children	
		Trash bags, heavy duty (for medical waste)	
	3	Trays-Stainless steel (for clean field)	
	2	Tweezers	
		Vitamins	
	1	Watch	
	1	Water bottle	
		Whistle	
	2	White board (markers) large and small	
	16 oz	Zinc oxide cream (diaper rash cream)	5

EQUIPMENT AND SUPPLIES

P	Size#	Name	SH
	✓	NSAID's	
	✓	Pads–Personal for patient records	
		Paper towels	
	60	Pencils/Pens	
	300	Plastic bags–for soaks	
		Plastic wrap	
		Probiotics	
		Q-tips	
	✓	Razor blades	
		Recording device	
		Respiratory masks	
		Rope/String	
		Safety pins	
	1	Saline solution–eye wash	
		SAM splint	
	10	Scalpel	
	2	Scissors–various	
	2	Scissors–bandage	
		Scissors–surgical	
	12	Shaving razor–disposable	
	2	Signs–First Aid Station	
		Sign making materials	
	✓	Snacks	
	100	Spoons–disposable	
		Soap	
	1	Solar lamp	
		Splints	
	1	Spray bottle(s)	

LINIMENTS

P	1oz	2oz	Other	Name	B
2		1		Arnica liniment	4
				Belladonna liniment	!!
				Chaparral liniment	
		1		Lobelia liniment	!
				Witch hazel liniment	
				Wound liniment	

SYRUPS

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

VINEGARS

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

OILS and TEA BLENDS

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

EQUIPMENT AND SUPPLIES

P	Size#	Name	SH
		Electrolyte replacement/Emergen-C	
1		Epinephrine kit	
		Eye cup	
	3	Finger splints	
		Flashlight-Give away	
	✓	Flashlight-Headlamp	
	1	Flashlight-Small, strong lighting	
		Funnel	
	✓	Gloves (disposable)	
		Glucometer	
		Glue-Instant	
		Goggles	
		Honey-Medicated	
1		Hot water bottle	
		Hydrogen peroxide	
		Insect netting	
		Iodine/Betadine solution	
		Insect repellent	
1		Irrigation syringe	
		Isopropyl alcohol	
1		Knife	
	✓	Labels	
		Lidocaine	
		Lighter/Matches	
		Lights/Lamps-hanging	
1		Magnification tool/loupe	
		Markers	
		Menstrual products	
		Mirror	
	✓	Moleskin	
1		Multi-use pocket tool	
1	5	Nail clippers	
		Nail file	
	1	Naloxone	
	15	Notebook(s)	

EQUIPMENT AND SUPPLIES

P	Size#	Name	SH
		Band-Aids, Bandages and Wraps	
	6	Bandage-Elastic, Sports	
	✓	Bandages-butterfly	
	2	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	
	10	Wrap (Vet)-flexible, self-adherent	
		Aloe vera gel	
		Antiseptic wipes	
		Applicators	
	✓	Aspirin	
		Benadryl/Diphenhydramine	
	250	Bottles-to go	
		Braces	
	1	Brush-to wash containers	
		Bungee cords	
	1	Burn gel	
		Candles	
		Chemical/Pepper spray detox	
		Cleaning cloth	
	5	Cold packs	
	2	Communication equipment	
		Condoms	
	2	Container-soaks	
	300	Cups-disposable-for dispensing medicines	
		Droppers-extra (various sizes)	
	6 pair	Ear plugs	

SALVES AND BALMS

P	1oz	2oz	Other	Common name - Scientific name	B
				All-purpose salve	
				Antimicrobial salve	
				Bruise salve	
				First Aid salve	
				Golden salve	
				Injury salve	
				Lip salve	
				Pain salve	
				Tiger balm	
				Wound salve	

ESSENTIAL OILS

P	Size	Name	B
		Camphor	
1	1	Clove	
		Eucalyptus	
1	1	Lavender	
		Peppermint	
		Tea tree	
		Thyme	
	1	Wintergreen	

OTHER MEDICINES

P	Size	Name	B
		Abies pitch	

POWDERS, CAPSULES, PATENT MEDICINES

P	Size	Name	SH	P	Size	Name	SH
		Activated charcoal-bags					
		Activated charcoal caps					
	2 lb	Activated charcoal powder					
		Astringents					
		Baking soda					
		Cayenne					
		Cascara sagrada caps					
	4 bot	California poppy caps					
	10 oz	Cinnamon pwd					
		Clay					
		Garlic					
		Ginger					
	1 lb	Kava kava pwd					
		Licorice root					
		Salt					
		Turmeric					
		Slippery elm					
		Senna caps					
	20	Salonpas					
	4	Yunnan Baiyao					
		Tooth powder					
		Vitamin C					

SINGLE HERBS, FOODS, and OTHER

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