



# **FIRST AID CHECKLIST 2012**

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## Key

- ! Use with caution
- !! Extra caution, experienced practitioners only
- F Formula
- vg Vegetable glycerine based medicine
- ⑧ A circle around a number implies that it is a refill bottle.

## TINCTURES

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

## TINCTURES

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











### EQUIPMENT AND SUPPLIES

Pers	Size#	Name	B
		Plastic bags–for body soaks	
		Plastic wrap	
		Probiotics	
		Q-tips	
		Razor blades	
		Recording device	
		Respiratory masks	
		Rope/String	
		Safety pins	
		Saline solution (for eye wash)	
		SAM splint	
		Scalpel	
		Scissors–various	
		Scissors–bandage	
		Scissors–surgical	
		Shaving razor–disposable	
		Sign-making materials	
		Snacks	
		Soap	
		Splints	
		Stethoscope	
		Stretcher	
		Stuffed animals	
		Sun block	
		Suture kit	
		Tampons/Sanitary pads	
		Tape–Duct	
		Tape–Bandage (various sizes and types)	
		Tarps	

### LINIMENTS

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

### SYRUPS

P	1oz	2oz	Other	Name	B
				Cough drops	
				Cough syrup	
				Garlic honey	
				Osha honey	
				Throat lozenges	
				Thyme honey	
				Tumeric honey	

### VINEGARS

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



### EQUIPMENT AND SUPPLIES

Pers	Size#	Name	B
		<b>Band-aids, Bandages and Wraps</b>	
		Bandage-Elastic, Sports	
		Bandages-butterfly	
		Bandage-tubular (Bandnet)	
		Band-Aids-various sized and types	
		Burn dressing	
		Eye pads	
		Gauze pads	
		Gauze roll	
		Gauze strips	
		Non-adhesive dressing	
		Steri-strips	
		Wrap (Vet)-flexible, self-adherent	
		Aloe vera gel	
		Antiseptic wipes	
		Applicators	
		Aspirin	
		Benadryl/Diphenhydramine	
		Braces	
		Bungee cords	
		Candles	
		Chemical/Pepper spray detox	
		Cloth	
		Cold pack	
		Communication equipment	
		Compass	
		Condoms	
		Container-foot soaks	
		Droppers-extra (various sizes)	
		Electrolyte replacement/Emergen-C	
		Epinephrine kit	

### SALVES AND BALMS

P	1oz	2oz	Other	Common name - Scientific name	B
				Antiinfection salve	
				Bruise salve	
				Comfrey salve	
				Garden salve	
				Golden salve	
				Healing salve	
				Injury salve	
				All-purpose salve	
				Lip salve	
				Tiger balm	

### ESSENTIAL OILS

P	Size	Name	B	P	Size	Name	B
		Camphor				Peppermint	
		Clove				Tea tree	
		Eucalyptus				Thyme	
		Lavender				Tooth medicine	
						White flower	
						Wintergreen	

### OTHER MEDICINES

P	Size	Name	B	P	Size	Name	B
		Abies pitch					

**PATENT MEDICINES**

P	Size	Name	B	P	Size	Name	B
		Salonpas plaster					
		Yunnan paiyao					

**POWDERS and CAPSULES**

P	Size	Name	B	P	Size	Name	B
		Activated charcoal-bags				Tooth powder	
		Activated charcoal caps				Vitamin C	
		Activated charcoal powder					
		Astringents					
		Baking soda					
		Blend 1					
		Blend 2					
		Cayenne					
		Cascara sagrada caps					
		Charcoal					
		Clay					
		Garlic					
		Ginger					
		Goldenseal rt.					
		Kava kava					
		Licorice root					
		Salt					
		Turmeric					
		Slippery elm					

**SINGLE HERBS, FOODS, and OTHER**

P	Size	Name	B	P	Size	Name	B
		Berberis sticks					
		Chaparral					
		Chaparro amargosa					
		Cinnamon					
		Cloves					
		Coffee					
		Datura leaf !					
		Emollients					
		Fennel seed					
		Fu-tze !					
		Garlic, fresh					
		Ginger, dry					
		Ginger, candy					
		Ginger, fresh					
		Honey					
		Lemon					
		Ma huang !					
		Nut butter					
		Olive oil					
		Osha root					
		Peanut butter					
		Probiotics					
		Snacks					
		Tobacco					
		Tea-Black					
		Tea-Green					
		Vinegar					