



FIRST AID CHECKLIST 2012

Northeast School of Botanical Medicine
P.O. Box 6626 Ithaca, NY 14851
607-539-7172 www.7song.com

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

MEDICINE-MAKING SUPPLIES KITCHEN EQUIPMENT

Ethanol	Containers—to prepare teas
Calculator	Cup-stainless steel
Cleaver	Cups-disposable
Cutting board	Hand-wash tubing
Jars	Jars-to prepare tea
Honey	Lamp-hanging
Labels	Lighter/matches
Marking pen	Stove
Measuring cup	Strainer
Plastic bags (for weighing)	Tea pot
Scale	Water filter
Vinegar	
Tape	

TINCTURES

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

TINCTURES

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

CLOTHES

			Bandana	
			Blanket	
			Boots	
			Hat	
			Long johns	
			Shirt-long sleeved	
			Rain gear	
			Warm clothes	
			Vest	

PERSONAL GEAR AND BOOKS

Bathroom gear
Botany field guides
Botany kit
Cell phone
Chair–foldable
Cup
Ear plugs
Eyeglasses
Food bowl
Snacks

WILDCRAFTING EQUIPMENT

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

TINCTURES

P	1oz	2oz	Other	Common name - Scientific name	B

8

EQUIPMENT AND SUPPLIES

P	Size#	Name	B
		Thermometer	
		Tongue depressors	
		Toothbrushes-to give away	
		Towel (for hot compress)	
		Toys for children	
		Trash bags, heavy duty (for medical waste)	
		Tweezers	
		Vials, empty-for medicines to go	
		Vitamins	
		Watch	
		Water bottle	
		Whistle	

17

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	

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	
				Castor oil	
				Chaparral oil	
				Comfrey oil	
				Ear oil	F
				Insect Repellent Oil	F
				Massage blends	F
				Mineral oil	
				Poplar bud oil	
				Trauma Oil	F
				Tea-Calming	
				Tea-Disinfecting	
				Tea-Diuretic	
				Tea-Nutritive	
				Tea-Tasty	
				Tea-Urinary Tract	

EQUIPMENT AND SUPPLIES

Pers	Size#	Name	B
		Eye cup	
		Finger splints	
		Flashlight-small (for viewing throats)	
		Flashlight-strong beam	
		Flashlight-Headlamp	
		Funnel	
		Gloves (disposable)	
		Glucometer	
		Glue-Instant	
		Hot water bottle	
		Hydrogen peroxide	
		Insect netting	
		Iodine/Betadine solution	
		Insect repellent	
		Irrigation syringe	
		Isopropyl alcohol	
		Knife	
		Labels	
		Lighter/Matches	
		Lights/Lamps-hanging	
		Magnification tool/loupe	
		Markers	
		Mirror	
		Multi-use pocket tool	
		Nail clippers	
		Nail file	
		NSAID's	
		Pads-Paper	
		Paper-writing	
		Paper towels	
		Pencils/Pens	

EQUIPMENT AND SUPPLIES

Pers	Size#	Name	B
		Band-aids, Bandages and Wraps	
		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					