

FIRST AID CHECKLIST

Generic

7Song

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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
				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	
				Bee balm–Monarda fistulosa	
				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	
				Blue vervain–Verbena hastata	
				Calamus–Acorus calamus	
				Calendula–Calendula officinalis	
				California poppy–Eschscholtzia californica	
				Catnip–Nepeta cataria	
				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 opulus	
				Damiana–Turnera 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.	
				Fennel-Foeniculum vulgare	
				Fennel Spirits	
				Feverfew–Tanacetum 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	
				Jamaican dogwood–Piscidia piscipula	
				Kava kava–Piper methysticum	

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	

TINCTURES

P	1oz	2oz	Other	Common name – Scientific name	B
				St. Johnswort–Hypericum perforatum	
				Staph Dismissed Tincture	F
				Sundew–Drosera 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	
				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	
				Willow–Salix spp.	
				Witch hazel–Hamamelis virginiana	
				Wolfberry–Lycium pallidum	
				Yerba mansa–Anemopsis californica	
				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

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

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	
				Abies pitch	
				Activated charcoal	
				Clove essential oil	
				Lavender essential oil	
				Povidine iodine	
				Propolis tincture	
				Salve(s)	
				Yunnan Baiyao	

EQUIPMENT AND SUPPLIES

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

EQUIPMENT AND SUPPLIES

P	Size#	Name	SH
		NSAID's	
		Pads–Personal for patient records	
		Paper towels	
		Pencils/Pens	
		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	
		Scissors–bandage	
		Scissors–surgical	
		Shaving razor–disposable	
		Sign–first aid station	
		Sign making materials	
		Signs–various	
		Snacks	
		Spoons–disposable	
		Soap	
		Solar lamp	
		Splints	
		Spray bottle(s)	

LINIMENTS

P	1oz	2oz	Other	Name	B
				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	
				Osha honey	
				Wild cherry honey	
				Throat lozenges	
				Turmeric honey	
				TM-Echinacea/Elder	
				TM-Herba Tussin	
				TM-Throat Coat	

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

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

EQUIPMENT AND SUPPLIES

P	Size#	Name	SH
		Band-Aids, Bandages and Wraps	
		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	
		Bottles-to go	
		Braces	
		Brush-to wash containers	
		Bungee cords	
		Burn gel	
		Candles	
		Chemical/Pepper spray detox	
		Cleaning cloth	
		Cold packs	
		Communication equipment	
		Condoms	
		Container-soaks	
		Cups-disposable-for dispensing medicines	
		Droppers-extra (various sizes)	
		Ear plugs	

SALVES AND BALMS

P	1oz	2oz	Other	Common name - Scientific name	B
				Antiinfective salve	
				Bruise salve/Deep Tissue salve	
				First Aid salve	
				Garden salve	
				Golden salve	
				Healing salve/First Aid Scar Fade	
				Injury salve	
				All-purpose salve	
				Lip salve	
				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	P	Size	Name	B
		Abies pitch					

POWDERS, CAPSULES, PATENT MEDICINES

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

SINGLE HERBS, FOODS, and OTHER

P	Size	Name	B
		Berberis sp	
		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	