

FIRST AID CHECKLIST

Cleveland RNC 2016

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	!!
	1			Acute Respiratory Tincture	F 2
				Anemone–Anemone spp	
				Antimicrobial Throat Spray	F
				Antiseptic Wash	F
				Antispasmodic Compound	F
	1			Arnica–Arnica spp.	1
				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.	
		1		Chaparral–Larrea spp.	2
				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	
		1		Echinacea–Echinacea purpurea	16
				Echinacea/Goldenseal extract	F
				Elder–Sambucus canadensis	
				Epipactis–Epipactis helleborine	
		1		Eyebright–Euphrasia spp.	4
				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	
		1		Jamaican dogwood–Piscidia piscipula	4
		1		Kava kava–Piper methysticum	4

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	

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	
			6 bot	TM-Throat Coat	

VINEGARS

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

EQUIPMENT AND SUPPLIES

P	Size#	Name	SH
		Band-Aids, Bandages and Wraps	
	2	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	
	4	Wrap (Vet)-flexible, self-adherent	
		Aloe vera gel	
	√	Antiseptic wipes	
		Applicators	
	√	Aspirin	
		Benadryl/Diphenhydramine	
	100	Bottles-to go	
	1	Braces-Knee	
		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	
		1		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
		Abies pitch	

