

FIRST AID CHECKLIST

Rainbow Gathering 2019

Northeast School of Botanical Medicine

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Note

This checklist is used primarily for first aid events. Not every medicine is brought each time, only the ones marked. Each herbalist should consider and adapt individual medicines and formulas that work in their specific situations.

This checklist is continually revised depending on what is available and the duration as well as the type of event.

The numbers listed under 1 oz and 2 oz are the number of that size bottle. Larger sizes are listed under 'other'. In 'P' the number is the size of the bottle in the personal/private first aid bag. 'B' is the quantity of that medicine that in backstock.

Key

- ! Use with caution
- !! Experienced practitioners only
- B Back stock-to refill dispensing bottles
- F Formula
- P Personal bag, not for public use

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

Notes

Saline Solution	9 gm (non-iodized) salt per liter water 1 tsp is 4.2 gm
To-Go Bottles 1 oz plastic L=liquid (tincture, etc)	1 capful = 3 ml Bottle=30 ml 5 ml L per bottle filled with water 1 capful=.5 ml. (1/4 dropperful) of medicine 10 ml L per bottle=1 ml per capful (1/2 dropperful)

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-Single

P	1oz	2oz	Other	Common name - Scientific name	B
1				Aconite-Aconitum columbianum !!	
1	2			Anemone-Anemone patens root	4
1		1		Arnica-Arnica spp. !!	
		1		Baptisia-Baptisia tinctoria	4
				Barberry-Berberis sp	
		1		Bee balm-Monarda fistulosa	4
				Beggar ticks-Bidens spp.	
1				Belladonna-Atropa belladonna !!	
2		1		Black cohosh-Actaea racemosa	4
				Black haw-Viburnum prunifolium	
		1		Blackberry root-Rubus spp.	4
		1		Black walnut-Juglans nigra	
				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	
				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.	
				Corydalis-Corydalis aurea	
		1		Cotton root-Gossypium spp.	
		1		Crampbark-Viburnum opulus	4
		1		Damiana-Turnera spp.	
				Don quai-Angelica sinensis	

TINCTURES-Single

P	1oz	2oz	Other	Common name – Scientific name	B
4		2		Echinacea–Echinacea purpurea	32
		1		Elder–Sambucus canadensis	
		1		Epipactis–Epipactis helleborine	
2		1		Eyebright–Euphrasia spp.	4
		1		Fennel-Foeniculum vulgare	
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
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		Kava kava–Piper methysticum	4
				Lavender–Lavandula spp.	
		1		Lemon balm–Melissa officinalis	2
		1		Licorice–Glycyrrhiza spp	4
1		1		Lobelia–Lobelia inflata	4
				Lomatium–Lomatium dissectum	4
1		1		Ma huang–Ephedra sinica !	4
		1		Meadowsweet–Filipendula ulmaria	2
1		1		Mimosa bark–Albizia julibrissin	4
		1		Motherwort–Leonurus cardiaca	1
1		1		Myrrh–Commiphora spp.	4
4		2		Oregon grape-Berberis spp.	24
		1		Osha–Ligusticum porteri	4
		1		Passionflower–Passiflora incarnata	4
2		1		Pedicularis–P. groenlandica, P. spp.	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	

TINCTURES-Formula

P	1oz	2oz	Other	Common name – Scientific name	B
		1		Acute Respiratory Tincture	4
2		1		Antimicrobial Throat Spray	4
				Antiseptic Wash	
1				Antispasmodic Compound	
		1		Bitter Tincture	
		1		Chronic Infections (Broad Spectrum)	4
				Cold and Flu Tincture	
1		1		Decongestant Aid	4
		1		De-stress Tincture	4
1		1		Digestive Aid	4
		1		Female Reproductive Tincture	4
				Fennel Spirits	
				Nervine Tincture	
				Neutralizing Cordial	
1		1		Pain Relief Tincture	4
1		1		Peppermint Spirits	4
1		1		Skeletal Muscle Relaxant	4
1		1		Sleep Aid Tincture	4
1		1		Staph Dismissed Tincture	8
		1		Tooth and Gum Tonic	4
1		1		Un-Headache Tincture	4
2		1		Urinary Tract Tincture	4
				Warming Lung Tincture	

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 kit √
Cell phone √
Chair–foldable 1
Cup √
Ear plugs √
Reading glasses √
Snacks
Novels √
Audiobooks for travel √
Gazetteers √
Plant field guides √
Plant lists

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#		SH
		Signage, Stationary and Forms	
		Chalkboard (with chalk)	
	4	Clipboard	3
	2 rolls	Duct tape	2
		Duct tape-white	1
	1	Folder-for intake forms	
	1	Labels-pack	
		Labels-round	
	10	Markers for signs-various colors	
	10	Markers-permanent	
	5	Notebook(s)-pocket-sized for students	3
	600	Patient intake forms	
	25	Pencils/Pens	
	√	Signs-donations, etc	
		Sign making materials	
	3	Signs-first aid station	
	√	Tape for labels	
	1	White board (markers) large and small	
		Sanitation	
	1	Brush-to wash containers	
	2	Container-soaks	
		Paper towels	
	100	Plastic bags/liners-for soaks	
	32 oz	Soap-dispenser	
	2/1	Sponge/Scrubby	
	50	Trash bags-compostable	
		Trash bags, heavy duty (for medical waste)	
	100	Trash bags-inserts	
	2 pkg	Wipes-baby wipes	

Glycerites

P	1oz	2oz	Other	Common name – Scientific name	B
		1		Barberry root-Berberis vulgaris	4
				Bee balm-Monarda sp.	4
				California poppy-Eschscholtzia californica	4
				Cardamom-Elettaria cardamomum	
				Catnip-Nepeta cataria	4
				Cedar Berries-Juniperus sp	
				Chamomile-Matricaria chamomilla	
				Cranberry-Vaccinium sp	4
		1		Echinacea-Echinacea purpurea	8
				Eyebright-Euphrasia officinalis	4
				Gentian root-Gentiana lutea	
				Ginseng-Panax quinquefolius	
		1		Goldenseal-Hydrastis canadensis	4
		1		Hops-Humulus lupulus	4
				Juniper berry-Juniperus sp	4
		1		Kava-Piper methysticum	4
				Oak-Quercus alba	
		1		Osha-Ligusticum porteri	
				Peach-Prunus persica	
2		1		Rose petal-Rosa spp	4
				Thyme-Thymus officinalis	
		1		Tulsi-Ocimum tenuiflorum	
2		1		Valerian-Valeriana officinalis	4
		1		Yerba santa-Eriodictyon californicum	

Wound Care Kit

P	1oz	2oz	Other	Name	B
				Tools	
			1	Bandana	
			1	Eye cup	
			1	Flashlight-small	
			1	Instant glue	
			1	Marker	
			1	Multi-tool	
			1	Nail clipper	
			1	Pad	
			2	Razor-Shaving-disposable	
			2	Scalpel	
			1	Scissors-bandage	
			1	Thermometer	
			1	Tick remover	
			1	Tweezers	
				Wraps, Band-aids, etc	
			4 oz	Activated charcoal	
			2.5 oz	Alocane ointment	
			6	Antiseptic wipes	
			4 pks	Applicators, Q-tips, etc	
			√	Band-aids	
			10 ml	Clove essential oil	
			2	Cold pack	
			1	Elastic/Sports wrap	
			√	Gloves	
			1 bottle	Iodoform packing strips	
			1	Irrigation syringe	
			10 ml	Lavender essential oil	
			1 tube	Lidocaine gel	
			1 roll	Medipore	
			2 oz	Propolis tincture	
			2	Salve(s) Antiinflammatory/Disinfectant	
			2	Vet wrap/Coban	
			2	Yunnan Baiyao powder and caps	

EQUIPMENT AND SUPPLIES

P	Size#	Name	SH
		Band-Aids, Bandages and Wraps	
	√	Bandages-butterfly	√
	6	Bandage-elastic/sports	√
	√	Bandage-non-adherent	√
	12	Bandage-stretch	√
	√	Bandage-tube	
	√	Band-Aids-various sized and types	3 bx
	√	Burn dressing	
		Eye pads	
	√	Gauze pads	
√	√	Gauze roll	√
		Gauze strips	√
	7 rolls	Medi-pore	√
		Steri-Strips	
	4	Wrap (Vet)-flexible, self-adherent	
		Self Help Station	
	√	Antibiotic cream	
		Dental floss	
	√	Sun block/Aloe	
	1	Table	
		Toothbrushes	
	4 tubes	Zinc oxide cream	
		Dispensing Equipment	
	1	Measuring spoons	
	50	Plastic spoons	50
		½ oz salve containers	
	100	1 oz plastic 'to go' bottles	200
	600	Paper cups 3 oz and various	
	25	Sauce cup with lids	

OILS and TEA BLENDS

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

EQUIPMENT AND SUPPLIES

P	Size#	Name	SH
		Insect netting	
		Insect repellent/Insecticide/Permethrin	√
	2	Irrigation syringe	2
1		Knife	
	3	Lighter	
	1	Lights/Lamps-for work station/LED	2-FT
	2	Light-Solar	
	10x/2	Magnification tool/loupe 10x/20x	
		Menstrual products	
	3	Mirror	
	5 yd	Moleskin	
1		Multi-use pocket tool/Leatherman	
	2	Nail clippers	2
		Nail file	
	1	Pill cutter	
	√	Plastic wrap	
		Q-tips	
	9	Razor blades-disposable	
		Recording device	
	20	Respiratory masks	20
		Rope/String	
		Safety pins	
	1 roll	SAM splint	
	2	Scalpel(s)	8
		Scissors-various	
1	2	Scissors-bandage	2
	1	Scissors-kitchen	
	10	Shaving razor-disposable	5

EQUIPMENT AND SUPPLIES

P	Size#	Name	SH
	10	Antiseptic wipes	
	√	Applicators/Cotton swabs	
		Batteries-AA	29
		Batteries-AAA	40
		Batteries-D	6-FT
		Box-Foldable, cloth-to hold herbs	
		Braces-wrist and knee	4
		Bungee cords	
		Candles	
		Chemical/Pepper spray cleaner	
	1	Cleaver	
		Cleaning cloth	
	2	Clock	
	2	Cold packs	
		Cooler	
	30	Condoms	40
		Cord	3-FT
	2	Cot	
	20	Desiccant packets	
		Droppers—extra (various sizes)	
		Ear plugs	
	15	Eye dropper bottles	6
	1	Eye cup	
		Finger splints	
		Flashlight—Give away	
1		Flashlight—Headlamp	
1	2	Flashlight—Small	
	2	French press	
	1	Funnel	
√	√	Gloves-disposable	many
	1`	Glucometer w/strips	
	3	Glue—Instant	
		Goggles	
	1	Hot water bottle	

SALVES AND BALMS

P	1oz	2oz	Other	Common name – Scientific name	B
				Anti-Fungal salve	
			3	Cayenne Salve ½ oz	
	1			Connective Tissue/Anti-inflammatory Salve	
1				First Aid salve	
1				Golden salve	
			4	Lip balm	
			3	Lip salve	
			4 oz	Wound salve	

ESSENTIAL OILS

P	Size	Name	B
	1	Birch (wintergreen)	
	1	Clove	
		Eucalyptus	
1	1	Lavender	
	1	Peppermint	
	1	Tea tree	
		Thyme	

OTHER MEDICINES

P	Size	Name	B	P	Size	Name	B
		Abies pitch					

POWDERS, CAPSULES, PATENT MEDICINES

P	Size	Name	SH	P	Size	Name	SH
		Activated charcoal-bags					
		Activated charcoal caps					
4	6 oz	Activated charcoal powder	24 oz				
		Astringents					
		Baking soda					
		Cayenne					
		Cascara sagrada caps					
		California poppy caps					
		Cinnamon pwd					
	16 oz	Clay					
		Garlic					
		Ginger					
		Kava kava pwd					
		Licorice root					
		Salt					
		Turmeric					
	6 oz	Slippery elm					
		Senna caps					
		Salonpas					
		Tooth powder					
		Vitamin C					
1	1	Yunnan Baiyao aero.					
	32	Yunnan Baiyao caps	32				
	5	Yunnan Baiyao patch	5				

SINGLE HERBS/FOOD

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

MEDICATIONS/SOLUTIONS

	Name
500	Acetaminophen (Tylenol)
	Allegra (Fexofenadine)
1/2 gal	Aloe vera gel
3	Antibiotic cream
1000	Aspirin
100	Benadryl (Diphenhydramine) 25 mg
	Burn gel
30	Claritin (Loratadine) 10 mg
	Electrolytes
1	Epinephrine kit
	Epson salt
2 oz	Honey-Medicated
	Hydrogen peroxide
√	Ibuprofen (Advil)
	Iodine/Betadine
	Isopropyl alcohol
	Lidocaine (B-1)
√	Permethrin
1	Naloxone/Narcan
	Naproxen (Aleve)
100	Niacin 50 mg
	Niacinamide
√	NSAIDs
	Probiotics
	Saline solution
1	Steroid ointment (Triamcinolone)
	Vitamins
1	Zinc oxide cream
90	Zyrtec (Cetirizine) 90 mg