

FIRST AID CHECKLIST

Rainbow Gathering 2024

CALIFORNIA

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, the duration and 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 in the 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	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 LM=liquid medicine (tincture, etc)	Bottle=30 ml 1 capful = 3 ml If 5 ml of LM is added per bottle and filled with water 1 capful will equal .5 ml. (1/4 dropperful) of medicine per dose If 10 ml of LM is added per bottle, 1 capful will equal 1 ml of medicine per (1/2 dropperful) per dose

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	Lobelia	Muscle relaxants
Skullcap	St. Johnswort	Valerian
Wild lettuce		

Sedatives

California poppy	Hops	Kava
Lobelia	Passionflower	Skullcap
Valerian	Wild lettuce	

TINCTURES-Single

P	1oz	2oz	Other	Common name – Scientific name	B
1				Aconite–Aconitum columbianum !!	
1	1			Anemone–Anemone species root	4
		1		Arnica–Arnica spp. !!	
				Baptisia–Baptisia tinctoria	
		1		Bayberry–Myrica cerifera	4
		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
				Black walnut–Juglans nigra	
				Blue cohosh–Caulophyllum giganteum	
				Blue vervain–Verbena hastata	
1		1		Calamus–Acorus calamus	4
				Calendula–Calendula officinalis	
		1		California poppy–Eschscholtzia californica	4
		1		Catnip–Nepeta cataria	2
				Cardamom–Elettaria cardamomum	
		1		Cascara sagrada–Rhamnus purshiana !	
		1		Cayenne–Capsicum spp.	
		1		Chamomile–Matricaria chamomilla	4
		1		Chaparral–Larrea tridentata	4
		1		Chaparro amargosa–Castela emoryi	4
1		1		Cinnamon–Cinnamomum spp.	
		1		Clematis–Clematis spp.	
				Corydalis–Corydalis aurea	
		1		Cotton root–Gossypium thurberi	
		1		Crampbark–Viburnum opulus	4
		1		Damiana–Turnera diffusa	
				Don quai–Angelica sinensis	

TINCTURES-Single

P	1oz	2oz	Other	Common name – Scientific name	B
4		1		Echinacea–Echinacea purpurea	16
		1		Elder–Sambucus canadensis	
		1		Epipactis–Epipactis helleborine	
2		1		Eyebright–Euphrasia spp.	4
		1		Fennel–Foeniculum vulgare	
2		1		Feverfew–Tanacetum parthenium	4
				Gelsemium–Gelsemium sempervirens!	
				Gentian–Gentian spp	
		1		Ghost pipe–Monotropa uniflora	2
		1		Ginger–Zingiber officinale	4
				Ginseng–Panax quinquefolius	
				Goldenseal–Hydrastis canadensis	
				Grindelia–Grindelia spp.	
2		1		Hops–Humulus lupulus	4
2		1		Jamaican dogwood–Piscidia piscipula	4
				Japanese Barberry–Berberis thunbergii	
2		1		Kava kava–Piper methysticum	4
		1		Lavender–Lavandula spp.	
		1		Lemon balm–Melissa officinalis	
		1		Licorice–Glycyrrhiza spp	4
1		1		Lobelia–Lobelia inflata	4
				Lomatium–Lomatium dissectum	
1		1		Ma huang–Ephedra sinica !	4
		1		Meadowsweet–Filipendula ulmaria	2
		1		Mimosa bark–Albizia julibrissin	4
		1		Motherwort–Leonurus cardiaca	2
1		1		Myrrh–Commiphora spp.	4
8		2		Oregon grape–Berberis spp.	32
2		1		Osha–Ligusticum porteri	8
		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	Black birch
Calendula	Chamomile	Ginger
Japanese Knotweed	Licorice	Meadowsweet
Poplar	St. Johnswort	Turmeric
Willow	Yarrow	Yucca

Antispasmodics

Black haw	Crampbark	Jamaican dogwood
Silk tassel	Skullcap	Valerian

Astringents

Blackberry root	Geranium	Lady's mantle
Rose	Oak	Tea
Witch hazel	Yerba mansa	

Bioavailability & Rubefacients

Cayenne	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		1		Antispasmodic Compound	4
				Bitter Tincture	
		1		Chronic Infections (Broad Spectrum)	4
		1		Cold and Flu Tincture	4
1		1		Decongestant Aid	4
		1		De-stress Tincture	4
2		1		Digestive Aid	4
				Female Reproductive Tincture	
				Fennel Spirits	
		1		Nervine Tincture	4
				Neutralizing Cordial	
1		1		Pain Relief Tincture	8
1	1			Peppermint Spirits	4
1		1		Skeletal Muscle Relaxant	4
		1		Sleep Aid Tincture	4
2		1		Staph Dismissed Tincture	8
		1		Tooth and Gum Tonic	4
1		1		Un-Headache Tincture	4
		1		Urinary Tract Tincture	4
				Warming Lung Tincture	

CLOTHES and SUCH

	1	Bandana		1	Sandals
		Blanket		√	Warm clothes
	1	Boots		1	Umbrella
	1	Gloves (fingerless)			
	1	Hat-sun/baseball			
	1	Hat-ski/toque			
	1	Long johns			
	4	Long-sleeved shirt			
	1	Rain jacket			

PERSONAL GEAR AND BOOKS

Audiobooks for travel
Bathroom gear
Book/novel
Bowl/Plate
Botany kit
Cell phone
Chair-camping
Cup
Ear plugs
Eye glasses
Gazetteers
Plant field guides
Plant lists
Snacks

WILDCRAFTING EQUIPMENT

Bird seed bags √
Burlap bags 9
Cleaver 1
Cutting board 1
De-barking knife 1
Digging fork 1
Draw knife 1
Hori-hori 2
Loppers-large 1
Loppers-small 1
Paper bags √
Pipe-bend back tines 1
Pruners 2
Saw 1
Shovel-full size 1
Shovel-compact 1
Sharpening tool 1
Tarps 2
Tow strap 1

EQUIPMENT AND SUPPLIES

Pers	Size#		B
		Signage, Stationery and Forms	
		Chalkboard (with chalk)	
	6	Clipboard	
	2 rolls	Duct tape	
	1	Folder-for intake forms	
	√	Labels-various	
	√	Markers for signs-various colors	
	4	Markers-permanent	
	2	Notebook(s)-pocket-sized for students	
	400	Patient intake forms	
	√	Pens	
	√	Signs-donations, etc	
	√	Sign making materials	
	3	Signs-first aid station	
	√	Tacks	
	√	Tape for labels	
	1	White board-large	
	1	White board-small	
	8	White board markers	
		Sanitation	
		Brush-to wash containers	
	1	Container-soaks (2.5 gallons)	
		Paper towels	
	√	Plastic bags/liners-for soaks	
	√	Soap	
		Sponge/Scrubby	
		Trash bags-compostable	
		Trash bags, heavy duty (for medical waste)	
	√	Trash bags-inserts	
		Vaseline	
		Wipes-hand wipes-antibacterial	

Glycerites

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

Wound Care Bag

P	1oz	2oz	Other	Name	B
				Tools	
				Bandana	
				Eye cup	
				Flashlight-small	
				Instant glue	
				Marker	
				Multi-tool	
				Nail clipper	
				Pad	
				Razor-Shaving-disposable	
				Scalpel	
				Scissors-bandage	
				Thermometer	
				Tick remover	
				Tweezers	
				Wraps, Band-aids, etc	
				Activated charcoal	
			√	Face masks	
				Antiseptic wipes	
				Applicators, Q-tips, etc	
				Band-aids	
				Clove essential oil	
				Cold pack	
				Elastic/Sports wrap	
				Gloves	
				Epinephrine/EpiPen	
				Irrigation syringe	
				Lavender essential oil	
				Lidocaine gel	
			√	Medipore/Various Tapes	
				Propolis tincture	
				Salve(s) Antiinflammatory/Disinfectant	
				Vet wrap/Coban	
				Yunnan Baiyao powder and caps	

EQUIPMENT AND SUPPLIES

P	Size#	Name	B
		Band-Aids, Bandages and Wraps	
	√	Bandages-butterfly	
	√	Bandage-elastic/sports	
	√	Bandage-non-adherent	
	√	Bandage-stretch	
	√	Bandage-tube	
	√	Band-Aids-various sized and types	
		Burn dressing	
		Eye pads	
	√	Gauze pads	
	√	Gauze roll	
	√	Gauze strips	
	√	Iodoform strips	
	√	Medi-pore tape	
	√	Swabs-cotton-sticks and rounds	
	√	Steri-Strips	
	√	Tape-various	
	12	Wrap (Vet)-flexible, self-adherent	
		Self Help Station	
		Antibiotic cream	
		Sun block/Aloe	
	√	Table	
		Toothbrushes	
	√	Zinc oxide cream	
		Dispensing Equipment	
10	120	Bottles-to go-1 oz	10
		Measuring spoons	
	25	Spoons-plastic	
	275	Paper cups 3 oz	
	1	Paper cup dispenser	
	10	Sauce cup with lids	

EQUIPMENT AND SUPPLIES

P	Size#	Name	B
	2	Spray bottles (1 pint)	
	1	Stethoscope	
		Stretcher	
		Sun block	
		Suture kit	
	1	Table-large-for plastic bins	
2	2	Tick removal tool	2
	1	Thermometer-Ear (with cones)	
	2	Thermometer-digital	
	15	Tongue depressors	
		Towel(s)-for compress	
	2	Toys for children/Plush animals	
	3	Trays-Stainless steel (for clean field)	
1	3	Tweezers	1
		Walkie talkie	
1		Watch	1
	1	Water cooler	
	1	Whistle	

LINIMENTS

P	1oz	2oz	Other	Name	B
2		1		Arnica liniment	4
				Belladonna liniment !!	
				Chaparral liniment	
		1		Hops liniment	
		1		Lobelia liniment	
				Valerian liniment	
				Witch hazel liniment	
				Wound liniment	

SYRUPS & HONEYS & COUGH DROPS

P	1oz	2oz	Other	Name	B
				Cough syrup	
				Honey-Garlic	
2		2		Honey-Medicated	
				Honey-Osha	
				Honey-Wild cherry	
				Throat lozenges	
				TM Cough drops	

VINEGARS

P	1oz	2oz	Other	Common name - Scientific name	B
				Cayenne/Garlic vinegar	
		1		Lobelia vinegar	2
				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	
		1		Castor oil	4
				Chaparral oil	
				Comfrey oil	
				Ear oil	
				Insect Repellent Oil	
				Massage blends	
				Mineral oil	
				Poplar bud oil	
4			4	Trauma Oil	8
				Teas	
				Calming/Relaxing	
				Infections	
				Diuretic	
				Nutritive	
				Tasty	
				Urinary Tract	

EQUIPMENT AND SUPPLIES

P	Size#	Name	B
		Insect netting	
		Insect repellent/Insecticide/Permethrin	
	2	Irrigation syringe	
√		Knife	
	2	Lighter	1
		Lights/Lamps-for work station/LED	
	3	Light-Solar	
	3	Liquid adhesive (Dermabond type)	
	1	Magnification tool 3x	
		Menstrual products	
	2	Mirror	1
	1 roll	Moleskin	1
√	√	Multi-use pocket tool/Leatherman/mini	
	3	Nail clippers	
		Nail file	
		Pill cutter	
		Plastic wrap	
	1	Pulse oximeter	
	√	Q-tips	
	3	Radio	
	10	Razor blades-disposable (straight edge)	
		Recording device	
	√	Respiratory masks	
	√	Rope/String	
	1	Run bag-small for house calls (red cloth)	
	√	Safety pins	
	1	SAM splint	
	√	Scalpel(s)	
		Scissors-various	
	2	Scissors-bandage	
	1	Scissors-kitchen	
	8	Shaving razor-disposable	

EQUIPMENT AND SUPPLIES

P	Size#	Name	B
√	√	Antiseptic wipes	
	√	Applicators/Cotton swabs	
	1	Aspirator	
	√	Batteries-AA	25
	√	Batteries-AAA	25
		Batteries-D	4
	2	Box-Foldable, cloth-to hold herbs	
	2	Braces- wrist and knee	
		Bungee cords	
		Candles	
		Chemical/Pepper spray cleaner	
	1	Cleaver	
		Cleaning cloth	
	1	Clock	
2	4	Cold packs	
	1	Cooler	
	?	Condoms	
		Cord	
	1	Cot	
	15	Covid Tests	
	5	Droppers-extra (various sizes)	
5	√	Ear plugs	
	10	Eye dropper bottles	
1	1	Eye cup	
		Finger splints	
1		Flashlight	
1	1	Flashlight-Headlamp	
		Flashlight-Small	
	1	French press	
	3	Funnel	
√	√	Gloves-disposable	
		Glucometer w/strips	
√	1	Glue-Instant	
		Goggles	
	1	Hot water bottle	

SALVES AND BALMS

P	1oz	2oz	Other	Common name - Scientific name	B
				Anti-Fungal salve	
				Cayenne Salve ½ oz	
	1			Connective Tissue Antiinflammatory Salve	
1	3			Disinfectant Vulnerary Salve	
				First Aid salve	
				Golden salve	
				Lip balm	
				Lip salve	
	2			Wound salve	

ESSENTIAL OILS

P	Size	Name	B
		Birch (wintergreen)	
1/2	1/2	Clove	
		Eucalyptus	
1/2	1/2	Lavender	
		Peppermint	
		Tea tree	
		Thyme	

OTHER MEDICINES

P	Size	Name	B	P	Size	Name	B
		Abies pitch					

POWDERS, CAPSULES, PATENT MEDICINES

P	Size	Name	B
		Activated charcoal-bags	
	25	Activated charcoal caps	20
4 oz	16 oz	Activated charcoal powder	24 oz
		Astringents	
		Baking soda	
		Cayenne	
		Cascara sagrada caps	
		Cinnamon pwd	
	8 oz	Clay	
		Garlic	
	8 oz	Licorice rt pwdr	
	8 oz	Marshmallow pwdr	
		Salt	
		Turmeric	
		Slippery elm	
		Senna caps	
		Tooth powder	

P	Size	Name	B
	1	Yunnan Baiyao aero.	
12	32	Yunnan Baiyao caps	
	5	Yunnan Baiyao patch	5
		Pain Patches	
	2	Lidocaine	5
	2	Methyl salicylate	5
	2	Capsicum	5
	5	Salonpas	

SINGLE HERBS/FOOD

P	Size	Name	B
		Berberis species	
	16 oz	Chaparral	
		Cinnamon	
		Datura leaf !!	
		Fennel seed	
		Garlic, fresh	
		Ginger, dry	
		Ginger, candy	
		Ginger, fresh	
		Honey	
		Lemon	
	8 oz	Licorice root	
		Olive oil	
	8 oz	Osha root	
	√	Peanut butter	
		Probiotics	
		Snacks	
		Tobacco	
Medications			
√	500	Acetaminophen	
	2	Albuterol inhaler	
		Allegra (Fexofenadine)	
√		Alocane	
		Aloe vera gel	
1	3	Antibiotic cream	
	√	Aspirin	

MEDICATIONS/SOLUTIONS

	Name
	Burn gel
√	Claritin (Loratadine) 10 mg
1	Diphenhydramine
50	Doxycycline
	Electrolytes
3	Epinephrine kit
	Epson salt
1	Eye drops (Polyvinyl alcohol)
30	Guaifenesin-expectorant
3	Honey-Medicated
√	Hydrocortisone creme
	Hydrogen peroxide
√	Ibuprofen (Advil)
1	Iodine/Betadine
	Isopropyl alcohol
	Lidocaine gel
24	Loperamide
1	Permethrin creme
√	Naloxone/Narcan/nasal
√	Niacin
	Niacinamide
√	Nexium
√	NSAIDS
	Probiotics
	Saline solution
	Vitamins
3	Zinc oxide cream
200	Zithromax
√	Zyrtec (Certizine)