

Suggested Medical Kit for First Responders

RED – Fundamentals | BLACK – Should have

BLUE – Bonus - YOU ROCK!



**National
Set Medics**[®]

A FEW IMPORTANT NOTES

- Unless notified otherwise in writing by NSM, **you are acting as a first responder** regardless of your certification.
- This list is only a suggested guide. You, as the independent contractor, are responsible for providing the supplies/gear you feel is appropriate to complete your particular assignment.
- Be sure your phone is on vibrate while on set and answer any calls from **(844) 738-6334**
- Do not post pictures of the production on social media.
- Do not assist other departments with their tasks. It is imperative that you do not get hurt or distracted.
- Send Pictures or docs to:*
ops@nationalsetmedics.com

PERSONAL SAFETY

- CDC Approved Face Covering**
- 10-20 pair Gloves**
- 1 pair Safety Goggles**
- 1 CPR Micro-Shield or Mask**
- Anticipate weather & clothing**
- Vomit / Urinal bag
- Yellow Safety Vest**

DIAGNOSTICS

- No touch Thermometer**
 - Works, Extra Batteries?
- 1 Stethoscope**
- 1 Blood Pressure Cuff**
- EMS run book or Notebook**
- 2 Ink Pens & 1 Sharpie**
- Penlight | Works?
- Pulse Ox | Works?
- Glucometer | Works?
 - Prick needles
 - Test Strips

- Band-Aids
- Gauze
- Testing Solution

MINOR CUTS AND SCRAPES

- 30 Misc. Band Aids**
- Alcohol Preps (10+)**
- Triple Antibiotic**
- 1 Plastic or Paper Tape**
- Coban/Adherent Wrap (*brown*)
- Zip lock Plastic Bag
- 1 Splinter Tweezer
- New Skin**
- H2O2 spray**

TRAUMA

- Trauma Shears**
- 10-20 - 4x4 Gauze Pads**
- 5 - 5 x 9 Gauze Dressing**
- 1 Trauma Dressing, 10x30**
- 4 Gauze Rolls, 3 in x 75 in**
- Tourniquet**
- 2 Elastic Bandages, 2-inch
- 4 Vaseline gauze pads
- Burn gel packets/sheets
- Red Biohazard Bags
- Steri-Strips**
- Quick Clot**
- Betadine**
- Rigid Eye Guard**
- Burn Blanket sterile**
- Sterile H2O**

OVER THE COUNTER MEDS

- Benadryl**
- Ibuprofen**
- Tylenol**
- Clairton (Loratadine)**
- Dayquil**
- Electrolyte tabs
- Emergen-C
- Baby Aspirin 81mg
- Sudafed
- Dramamine
- Antacid tablets
- Anti-Diarrheal

- Cough Drops
- Midol
- B-12 tablets
- Insta-Glucose

ENVIRONMENTAL

- Emergency/Mylar blanket
- Hot packs
- Sunblock SPF 50+
- Ice/ice packs or Ziplock bags
- Ear plugs/Hearing Protections
- Work/Safety Gloves
- Bug Spray**

CREATURES COMFORTS

- Antiseptic Hand wipes**
- Eye Wash/irrigation**
- Eye cup
- Single eye wash vails
- Q-tips, Small, Large
- Kleenex
- Lip Balm
- Lotion
- Hydrocortisone cream
- Tooth Repair Kit**
- Oral gel pain relief**
- Moleskin**
- Salonpas / Icy-hot Patches**
- Chiggerex/Sting relief cream**
- Stye eye medicine**
- Tampons / Pads**

MUSCULAR/SKELETAL

- 4 Triangular Bandages**
- Sam Splint
- 4 Instant Cold Packs
- Cardboard Splints
- Mega-mover**
- Traction Splint**
- Backboard**
 - Backboard Straps
 - Head Blocks
 - Head Straps/Tape
- 1 Adult & 1 Ped C-Collar**
- Pray for a safe event!**
- Problem? Call **(844) 738-6334**

Additional Resources: <https://www.nationalsetmedics.com/medicresources/>