



SECRET SQUIRRELS

SELF-RELIANCE · COMMUNITY RESILIENCE · LIBERTY

MEDICAL GUIDE

'TIS BUT A SCRATCH — MEDIC KIT

MEDICAL GUIDE

'TIS BUT A SCRATCH — MEDIC KIT

Minor injuries · Routine sick-call · Pain management · Hygiene · Early intervention

PURPOSE

Designed for high-use, low-risk, OTC-first care within scope of training. Prevent escalation before it starts.

◆ IMMEDIATE CARE & WOUND MANAGEMENT ◆

DRESSINGS & CLOSURE

- ▶ Assorted adhesive bandages
- ▶ Gauze rolls & pads (multiple sizes)
- ▶ Non-adherent pads (Telfa)
- ▶ Elastic compression wraps (various widths)
- ▶ Medical tape (paper & cloth)
- ▶ Steri-Strips / butterfly closures
- ▶ Super glue — *skin-safe, if trained*

CLEANING & IRRIGATION

- ▶ Saline wound wash (sterile)
- ▶ Hydrogen peroxide — *surface only*
- ▶ Nitrile gloves (multi box, multi size)
- ▶ Medical shears / scissors
- ▶ Fine-tip tweezers (splinters, debris)
- ▶ Eye wash solution & cups

BURN & SKIN CARE

- ▶ Burn gel (water-based) — cooling & pain relief
- ▶ Anti-burn ointment (lidocaine/benzalkonium) — *after cooling*
- ▶ Sterile burn dressings / burn pads
- ▶ Aloe vera gel — *sunburn, not open wounds*
- ▶ Moleskin / blister pads

◆ STABILIZATION & SUPPORT ◆

BRACING

- ▶ Ankle brace
- ▶ Knee brace
- ▶ Wrist brace

SPLINTING

- ▶ Rigid / foam / SAM-style splints
- ▶ Arm sling (adjustable)

COLD THERAPY

- ▶ Instant cold packs
- ▶ Sprains, bruises, inflammation

TOOLS

- ▶ Digital thermometer
- ▶ Penlight
- ▶ CPR face shield
- ▶ Tick removal tool
- ▶ Alcohol wipes
- ▶ Sewing kit *suture if trained*

◆ MEDICATIONS — OTC / HIGH USE ◆

PAIN & FEVER

- ▶ Ibuprofen (Advil) — *pain, inflammation, fever*
- ▶ Acetaminophen (Tylenol) — *NSAID alt*
- ▶ Aspirin — *pain; limited cardiac use*

ALLERGY & RESPIRATORY

- ▶ Benadryl (diphenhydramine)
- ▶ Non-drowsy antihistamine (loratadine/cetirizine)
- ▶ Mucinex (guaifenesin)
- ▶ Cough suppressant (dextromethorphan)
- ▶ Saline nasal spray

GI & HYDRATION

- ▶ Antacids (Tums)
- ▶ Anti-diarrheal (loperamide/Imodium)
- ▶ Pepto-Bismol tablets
- ▶ Oral rehydration salts (ORS)

SKIN & TOPICAL

- ▶ Antibiotic ointment (Bacitracin / triple)
- ▶ Hydrocortisone cream 1%
- ▶ Antifungal cream (Clotrimazole)
- ▶ Orajel — *oral/tooth pain*



SECRET SQUIRRELS

SELF-RELIANCE · COMMUNITY RESILIENCE · LIBERTY

MEDICAL GUIDE

'TIS BUT A SCRATCH — MEDIC KIT

MEDICAL GUIDE

◆ HYGIENE & INFECTION CONTROL ◆

CLEANING

- ▶ Hand sanitizer (alcohol-based)
- ▶ Liquid soap or soap sheets
- ▶ Disinfectant wipes / spray
- ▶ Paper towels / absorbent pads

PERSONAL CARE

- ▶ Foot powder (moisture, fungal prevention)
- ▶ Lip balm (prevent cracking)
- ▶ Temporary tooth repair kit

WASTE & LABELING

- ▶ Biohazard / sealable bags
- ▶ Sharpie & masking tape
- ▶ Label wounds, dates, meds, equipment

STORAGE

- ▶ Waterproof containers, labeled
- ▶ Inventory list inside lid
- ▶ Grab modules for patrols / transport

◆ TRIAGE COLOR ORGANIZATION ◆

● RED — IMMEDIATE WOUND CARE

- Bandages, gauze, pads
- Steri-strips, tape
- Saline wash, gloves
- Burn gel & dressings
- Shears, tweezers

● YELLOW — STABILIZATION & SUPPORT

- Braces (ankle, knee, wrist)
- Splinting materials
- Arm sling
- Cold packs
- CPR shield, thermometer

● BLUE — MEDICATIONS & HYGIENE

- All OTC medications
- Topical creams & ointments
- Hand sanitizer, soap
- Dosing cards, allergy cards
- Treatment logs

◆ TRAINING, DOCUMENTATION & RESUPPLY ◆

DOCUMENTATION

- ▶ Printed first-aid quick guides
- ▶ Medication index
- ▶ Laminated dosing card
- ▶ Individual allergy cards
- ▶ Scope-of-practice cards by role
- ▶ Treatment & medication usage logs
- ▶ Expiration tracking log

RESUPPLY SCHEDULE

- ▶ **Monthly:** Meds, gloves, saline, adhesives
- ▶ **Quarterly:** Kit access drills, role assignment, documentation review
- ▶ **Vendors:** Local pharmacy (Walgreens), medical supply stores

HIGHEST BURN RATE ITEMS

- ▶ Gloves
- ▶ Gauze
- ▶ Saline wash
- ▶ Compression wraps
- ▶ Pain medications
- ▶ Burn care supplies

⚠ DO NOT USE BURN OINTMENTS ON

Chemical burns · Electrical burns · Large-area burns · Deep blistering injuries.

BURN CARE ORDER:

Cool with clean water → apply burn gel → cover with sterile burn dressing → use ointment only if appropriate.

OPERATING TIPS

Treat foot care, GI issues, and minor burns as mobility and morale threats. Keep duplicates of critical items in separate locations. Avoid improvisation beyond training — document everything. Maintain legal compliance for all medications and supplies. Maintain original packaging and dosage instructions. Track expiration dates.