

A Nurse's Fully Stocked Medical Kit

Allergies, Bug Bites, and Rashes

- Antifungal ointment
- Benadryl
- Boudreaux's Butt Paste
- Bug Spray 100% Deet
- Calamine lotion
- Hydrocortisone
- Mucinex
- Mucinex DM
- Nasal Decongestant PE
- Nasal Spray (Afrin)
- Nystatin and Triamcinolone Acetonide
- Saline nasal spray and washing/irrigating wounds
- Tea Tree Oil
- Vicks vapo rub
- Wal-Flu

Children's Medications

- Bulb syringe
- Gas Drops (Simethicone)
- Liquid and Chewable Benadryl
- Motrin
- Orajel
- Saline
- Stickers/Suckers/Bubbles for comfort and distraction
- Teething Tablets
- Tylenol

Dental

- Clove Essential Oil
- Dental instruments** (probe/mirror)
- Dental Wax
- Floss
- Mouthwash
- Toothbrushes
- Toothpaste

ENT & Eyes

- Chloraseptic Throat Spray
- Contacts/contact case, extra glasses
- Saline for contacts
- Similasan pink eye drops
- Tongue Depressors (Can also double as small splints for fingers or little arms/legs when paired with an adhesive bandage)
- Halls menthol cough drops

Fever & Pain

- Age appropriate thermometers (**Oral** for adults and either Rectal, Axillary (Under the arm), or **Temporal** for children)
- Aspirin
- Cool Downz/**Frogg Toggs**
- Ibuprofen
- Naproxen Sodium (Aleve)
- Peppermint Essential Oil
- Tylenol

Sprains and Breaks

- Ankle brace** (lace up will fit more people/foot sizes)
- Finger splint
- Knee brace
- SAM splint**
- Wrist brace

Stomach/GI Issues

- Acidophilus Probiotic
- Anti-Diarrheal
- Cascara Sagrada
- Castor Oil
- Dramamine (Motion Sickness) (Also helps with radiation sickness)
- Fleets enemas/suppositories/laxatives
- Ground Ginger
- Pepto Bismol chewables
- Stool softeners
- Tucks pads/Witch hazel
- Zantac (acid reducer)

Supplements

- B-12 Vitamins
- B-complex vitamins for energy
- Calcium
- D-3 Vitamins
- Magnesium
- Mature Complete Multivitamin
- Omega 3 Fish Oil
- Vitamin C

Women/Pregnancy

- AZO standard (Pyridium)
- AZO yeast
- Birth Control
- Condoms
- Dermoplast**- Numbing spray that can be helpful “down there” after childbirth. This might be TMI, but after I had Little Man, I practically carried this stuff everywhere with me. It was a lifesaver! And I will be sure to have more on hand for the next kiddo.
- Pads & Tampons or **Menstrual Cup**- Besides their obvious uses, pads and tampons can make great bandages in a pinch. Did you know that the tampon was actually invented for gunshot wounds? Food for thought!
- Pregnancy Tests
- Vagacaine ointment- For yeast infections

Wound Cleaning/Dressing/Burns

- 100% Proof alcohol- Cleaning wounds
- AAA antibiotic ointment (Generic Neosporin)
- Ace wraps 3"
- Bandage scissors
- Band-Aids (various materials and sizes)
- Betadine/iodine swabs- For cleaning and sterilizing skin prior to suturing
- Butterfly Band-Aids
- CAT tourniquet**- Please, please, please do NOT use one of these if you don't know what you're doing! You can cause serious damage with improper use.
- Copaiba Essential Oil- For swelling and inflammation
- Elastic gauze bandage rolls (Kerlix) 6"x4 Yards
- Epsom salts- For soaking sore muscles and joints
- Gauze 4x4s and 2x2 (Both Sterile and Non-Sterile)
- Gold Bond foot powder
- Heat packs/heating pads
- Instant Cold Packs**
- IV kits/catheters
- Kelly forceps- For suturing
- Lap sponges (sterile drapes) for soaking up blood or bodily fluids. Puppy pads also work well for this purpose, but they are not sterile.
- Lavender Essential Oil- For burns
- Medical Tape (**Durapore Silk tape** is my personal preference)
- Medical/surgical instruments
- Molefoam/moleskin (Rolls tend to be cheaper)
- New Skin Liquid bandage
- Non-Adherent Sterile Pads 100 for \$8 at MVI (Also called Telfa Pads)
- Normal Saline bags and tubing for rehydrating
- Quickclot**
- Rolled Gauze
- Silver Sulfadiazene- *Prescription* medication/salve for burns
- Splinter Removal Kit
- Steri-strips**- Thick, stronger Band-Aid type closures that can be used in place of sutures on smaller cuts
- Sterile surgical gloves
- Suture kit
- Sutures
- Syringes and needles
- Tegaderms** (A clear, adhesive patch to cover and waterproof wounds)
- Tiger Balm- Sore muscles, similar to Bengay
- Topical Antiseptics (Alcohol, Betadine, Hydrogen Peroxide)- Cleaning wounds
- Trauma Tray
- Valor Essential Oil**- For bumps, bruises, and scrapes
- VetWrap (Coban)**

Miscellaneous

- Aloe Vera Gel
- Apple Cider Vinegar
- Baby Powder with Aloe and Vitamin E
- [Blood pressure cuff \(manual\)](#)
- [CPR mask with one way valve](#)
- Duct tape
- [Ear loop masks](#)
- Ear plugs
- [Electrolyte replacement Salts](#)
- Emergency Mylar Blankets
- [Flashlight](#)
- [Gloves](#) (I recommend having 1000+)
- [Glucose Tablets](#)
- Hand sanitizer
- Lip balm/chapstick (Big fan of Burt's Bees!)
- Lotion (Burt's Bees Honey and Orange Wax is one of my favorites!)
- Melatonin
- N95 masks
- Nail clippers
- Petroleum Jelly
- Pill crusher/pill cutter
- Scissors
- Soap
- [Stethoscope](#)
- Sunscreen
- Tweezers
- Zip lock bags

Prescription Medications

- Antibiotics- This really needs to be a whole separate topic, but I recommend looking into [fish antibiotics](#).
- EpiPen
- Also include any prescriptions that your family members need on a daily basis.

Reference Manuals

- [Drug Reference Guide](#)
- First Aid Manual
 - [Living Ready Pocket Manual: First Aid Fundamentals for Survival](#)
 - [Where there is No Doctor](#)
 - [Where there is No Dentist](#)