



**Florida Conference of Seventh-day Adventists**  
**Florida Conference Brigade, Medical Cadet Corps**  
351 S State Rd 434, Altamonte Springs, FL 32714



Subject: First Aid Kit Recommendations

The following is a list of equipment and supplies useful for packing a Team First Aid Kit.

Standard Supply List

- Bandages, various sizes
- Gauze pads
- Safety pins, large and medium
- Adhesive tape
- Duct tape
- Elastic bandages (ace)
- Trauma shears
- Tweezers
- Needles, large sewing type or sterile
- Magnifying glass
- Thermometer
- Blood pressure cuff
- Stethoscope
- Basin, both 2-3 gallon and flat 1 gallon
- Hot water bottle
- Alcohol, isopropyl/ Iodine solution for cleansing
- Cooling pads (instant ice pack)
- Penlight
- Splints various sizes
- Finger Splint/Tongue depressor
- Lighter/matches
- Sterile water for eye wash, dressing
- Ear syringe (optional)

Pharmacy items (optional)

- NSAIDS in adult and child doses (acetaminophen, ibuprofen)
- Antihistamines (diphenhydramine)
- Baby aspirin
- Hydrogen peroxide
- Licorice tea bags, Black tea bags
- Charcoal capsules (vegetarian)
- Epsom salts
- Laxative herbs and aids
- Medicine dropper
- Herbs: hot pepper, catnip (for tinctures)
- Arnica oil (for massage pain relief)
- Aloe Vera leaves/Gel
- Rubbing alcohol (for tinctures)
- Tourniquets

Most of these items have a long shelf life, and in the case of sterile bandages, can be used after outdated as a clean dressing (no longer sterile).

The team kit needs to be checked for its completeness both biannually and before any anticipated training. At the end of a training event, the kits should be stocked again.

A handwritten signature in black ink, appearing to be "B. Kierstead".

Lt Col Betty Kierstead, MD, FACS  
Chief Medical Officer (CMO)  
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