

# Modern Meds To Stockpile



*Handbook for The Most Useful Over  
Counter Meds You Need*

By Travis Walter



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# Introduction

Researches in the field of science and medicine have led to the development of various drugs and antibiotics. Human life has been made better by the use of these medicines and mortality rate has also been reduced. This has been made possible due to the availability of hospital and medical facilities with in an arm's reach. However, saving a life could become a challenge if the ambulance is not coming in your direction. At that time, only survival medicine will save your life. In this chapter, we will see what actually survival medicine is and why medical training is necessary for you.

Survival medicine is the practice of medicine in remote settings and providing important emergency care when the professional medical support and facilities are miles away. The principle focus of this field is to evaluate, prioritize, treating serious injuries or illness and evacuating the victims in emergency.



## **Why survival medical training is important?**

In order to understand any disease and injury, you should have enough knowledge of it. Therefore, medical training becomes necessary. The more you know, the more you would be in a better position to understand the situation you are in. You should have the information regarding the basic first aid. Moreover, the knowledge about the anatomy and physiology will be useful for you in acting more quickly and efficiently.

As a prudent medic for your group, you will take along with you a store of medication that will include both pharmaceutical and natural to use in serious settings. You should have antibiotics, pain relievers, anti-diarrheal and many other

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medicines with you. Furthermore, to make the job easier, medical equipment, dressings, and agents for blood clotting etc. will very much come in handy. Along with it some dental equipment will also be essential. As far as medical preparedness is considered, these are some of the major steps.

The most important thing required to become a capable medic for your group is common sense. A sensible person having all the required supplies, knowledge and willingness to learn can become an efficient medical resource whenever his/her family is in crisis situation. As part of medical training, spend some time in emergency room. Learn CPR and how to take care of wounds and close them. Such a person who has emergency training and right supplies would be more useful than a doctor. It is necessary to mention here the important point to keep in mind regarding the survival medicine is to keep a calming deportment as the caregiver has to deal with agitated sick and injured people.

A useful characteristic of a good medic is his dedication to teach others some basic survival medicine skills. You cannot provide medical help to everyone at once so cross training also play a vital role here, as you may also be in need a medic one day.

Lastly, have faith in yourself and don't let anyone break it by saying that you won't become a successful medic in austere settings. If the professional are not available and you are the end of line when the wellbeing of your family and loved ones is at stake then be ready for that as you might be one who saves a life.



# **Chapter 1:**

# **Items to put in your**

# **medical kit today**

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If you have a well-maintained first aid medical kit, you can effectively take care of the emergency wounds and injuries. You should have at least medical kit at home and also carry it while traveling. You can store the kit anywhere easily where it is saved from the reach of children. Be sure that kids have the proper understanding of the purpose of each item of the medical kit.

It gets difficult to handle things in case of medical emergency especially during the disasters. Being fully equipped with the useful resources, proper training, skills and the complete aid items can prove to be lifesaving.



You can purchase the medical kit from any medical store, or you can make the one for you.

You can use it for specialized tasks and circumstances. The basic items which every kit should include are:

### Basic items

- Thermometer
- Manual guide
- Adhesive tape
- Duct tape
- Eyewash solution
- Antibiotic solution
- Cold packs
- Elastic bandages wrap
- Triangular patch bandages
- Aluminum finger splint
- Eyeshield or pad
- Antiseptic solution

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- Bandage strips or “butterfly” bandages
- Soap solution or hand sanitizer
- Plastic bags
- Safety pins
- Nonstick sterile bandages or roller gauze
- Breathing barrier
- Syringe, medicine cup or spoon
- Cotton balls
- Disposable non-latex gloves
- Petroleum jelly
- Turkey baster or other bulb suction device for flushing wounds

## Medications

- Calamine lotion
- Laxative
- Anti-diarrhea solution
- Aloe Vera gel
- Antacids
- Antihistamine, like diphenhydramine
- A cough and cold medicine
- Hydrocortisone cream
- Auto-injector of epinephrine
- Personal meds which don't need the refrigeration
- Painkillers, such as acetaminophen (Tylenol, others), aspirin (never give aspirin to children), and ibuprofen (Advil, Motrin IB, others)





### Emergency items

- Sunscreen shield
- Insect killer
- Emergency space blanket
- Cell phone workable with solar charger
- Emergency contact numbers, like phone numbers of the family doctor or pediatrician, emergency road service providers, local emergency services, and the poison help line.
- Waterproof matches
- Whistle
- Medical forms for each person
- Small notepad and waterproof writing instrument
- Medical history forms for each person
- Small, waterproof flashlight or headlamp with extra batteries

### Checkup your first aid kit

Kit your first aid medical kit a recheck o regular basis and make sure that the flash lamps and their batteries are in good condition and replace the items which are expired or is used up.

Consider about having a course of first aid medication by any of the organization in your state or from Red Cross. You can get the complete info regarding these courses from online sites or through the phone numbers.

Make your kids prepared for any medical emergencies for every age. In this regard, Red Cross offers different first aid courses like the classes planned for aiding kids in understanding and using the items of first aid kit.



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As the SHTF and any other medical situation occur instantly, there are several things which should be done quickly for absolute turmoil. In the majority of the medical emergencies, if the quick response is not taken then it may lead to life-threatening situations but can be avoided if quick actions are taken. For example, a small cut which if gets in contact with the tainted water can cause the quick infection.



For such cases, the preppers are trained for carrying out quick medical treatments in emergencies. They are learned not just about the basic first aid treatments, but also taught completely about using the natural ways of curing the injuries.

Here are five most important which you need to include in your kit and offer the best natural alternatives for curing the various medical problems.

### 1. Books

You can't be completely proficient at any of the medical expertise without complete study and its implication. If you consider getting the different medical courses in the community colleges, the fire departments, county extension organizations, and veteran community, then this give you a better edge in acquiring the complete knowledge about the medical emergencies and solving them in time.

It is very necessary to have a guide about your stock up along with the medical items in the aid box.

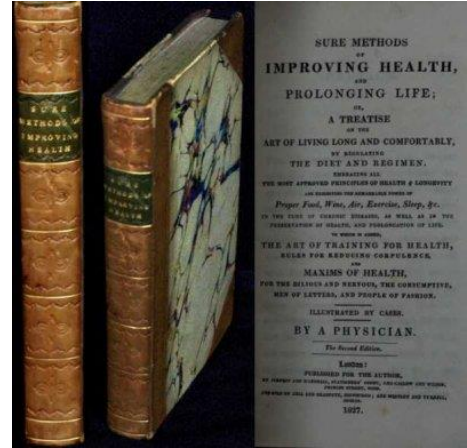
Following are few essential handbooks and literature which can help you a lot in solving medical issues:

- Wilderness Medicine, Beyond First Aid

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- Wilderness Medicine Book
- Field Guide Book of Wilderness and Rescue Medicine
- The Survival Medical Handbook
- A Barefoot Doctor's Manual
- Herbal Antibiotics: Natural Ways of Treating Drug Resistant Bacteria
- Medicine for the Outdoors
- Prepper's Natural Medicine Handbook



## 2. Kitchen Staples

As many of people have the restricted space in shelves, it is important to put there only the stable food items and the products which can help you in multiple ways. There are some of the kitchen staples which can help you in this – such as providing the medical aid. For example, you can make the antiseptic solution with the help of the dilute solution of the baking soda and bleach. This is known as the Dakin's Solution and kills the dangerous viruses and bacteria.

## 3. Honey

Honey has been used as a poster child for alternating the antibiotic. In fact, many researches have revealed that there are some types of honey which can kill few species of fungi, superbugs, bacteria, rendering it viable to be used as the antibiotic.

According to the Jeremiah Johnson, a nutrition expert, Honey is very good for healing the wounds, cuts, and abrasions inside the mouth as it is a demulcent which helps for the abraded tissues and also acts as a medium which kills the microbes.



### 4. Medicinal Herbs

Using the health enhancing herbs is another way of curing the wounds. The herbs like garlic, lavender, thyme and oregano can aid in protecting the wound from any infection and healing it. As Jeremiah Johnson recommended in her book about the presence of 3Gs in the medical kit: Garlic, Ginger, and Ginseng. Moreover, it is essential to know that which herb is used for which purpose. Few herbs are used as the painkiller and reduce pain effectively. Some of the herbs which you need to include in your aid box are given below:

- Aloe (Aloe vera)
- Lavender (Lavandula angustifolia)
- Comfrey (Symphytum officinale)
- Calendula (Calendula officinalis)
- Tea (Camellia sinensis)
- Gotu Kola (Centella asiatica)

There are few kitchen herb items that can be used for stopping the bleeding. It has been found that cayenne pepper is the best alternative of the QuickClot. This herb contains the natural ingredient known as capsaicin, which helps in reducing pain and can be used for different other medical purposes.

### 5. Essential Oils

For prolonged disasters, there are chances of extended bacterial and viral infections which can lead to many deaths. In history, essential oils were considered as the best natural remedy for soothing the medical issues which modern meds are now being made for. One of the most enchanting aspects of these oils is that they are capable of killing the dangerous bacteria without affecting the good bacteria.

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Instead of one symptom, like medicines, are effective for problems. There are oils which you must include in your medical



targeting only modern essential oils multiple are two kinds of must include in stock up:

### **Antibacterial Oils**

Because of the increasing amount of the antibacterial diseases, most of the essential oils like cassia, cinnamon, basil, cypress, clove, eucalyptus, lemon, tea, lavender, myrrh, orange, geranium, peppermint, thyme, oregano, rosemary, marjoram, and melaleuca are in use for antibacterial purposes.

### **Antiviral Oils**

The oils which are studied for controlling the viral infections are cinnamon, basil, eucalyptus, lemon, tea, myrrh, orange, cassia, lemongrass, peppermint, frankincense, thyme, oregano, rosemary, marjoram, and melaleuca are in use for antibacterial purposes.



# Chapter 2: Medical Kits

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A medical kit (med-kit) is a bag, box, or other container that is mobile and has everything you need for an emergency situation based on your training and capability. Just like the efficient handyman or homemaker has their tools or supplies organized by project type or grouped by application, it's also a good idea to have a single general use medical kit along with other emergency-specific medical kits. Possible medical kit types include:

- General use
- Gunshot wound
- Trauma
- Basic first aid
- Suture
- Dental
- Burn

### **Family**

Let's focus on building your first med-kit, a general use kit. I have worked as an emergency health professional for years, and I have seen trauma of all kinds including burns, de-gloving (where the skin is pulled off of the fingers like a glove), compound open fractures, dislocations, amputations, gunshot wounds, puncture wounds, and stab wounds, as well as general emergencies. Building a medical kit is easy for me, and a general use kit is one of the easiest. I understand that it may not come easy to everyone, so I'll try to guide you through the supply selection process as we go along.

### **STEP 1: Pick a Bag**

**TIP:** Unless it's coming from a medical professional, try to avoid pre-packed medical kits. The sellers of these kits tout their value by advertising a high number

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of supplies that come with the kit when, in reality, there only a few really valuable items and too many alcohol swabs and band-aids.

A med-kit isn't just a bag or box with medical supplies thrown in. There needs to be some internal organization. So, the first big step is deciding which container to use. I prefer bags, as they are much easier to carry on your back, over the shoulder, or just holding. You need to pick a bag that has a lot of compartments and some degree of internal organization. The container you choose should be large enough to carry a ton of supplies, but portable enough not to limit your response range if on foot.

### **STEP 2: Pick Your Supplies**

TIP: For a general use kit, there are some staple supplies you will want to include like alcohol swabs, band-aids, tourniquet, and so on (more detail below). But you will want to stay away from other supplies that wouldn't be appropriate for a general kit and would tax your organizational approach. These include dental items and other emergency-specific supplies.

Picking supplies is easiest when you visualize potential emergency situations and think through the steps required to resolve them. For instance, someone's been working outside on a generator trying to repair the pull-cord. The pull-cord snaps loose bringing a piece of metal with it that gashes their forehead. You now have a laceration to assess, clean, and suture. What pieces are required to complete this puzzle? Here's a short list:

- Sterile gloves
- Alcohol swabs
- Hibiclens skin antiseptic
- Soap and water
- Light source
- 1 straight forceps

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- 1 mosquito forceps
- 4.0 nylon suture or skin stapler
- Short scissors
- 1% plain lidocaine
- 18 gauge 1" needle
- 27 gauge 0.5" needle
- 3mL syringe
- Gauze pads
- Antibacterial balm or salve

You would fix your light source (head-lamp or clamping flashlight), don the gloves, and clean the cut with soap and water, alcohol swabs, and then the hibiclens (using gauze pads as needed). Next, you would draw up 3mL of plain 1% lidocaine into the syringe using the 18 gauge needle, swap the 18 gauge for the 27 gauge (better for injecting into the skin), and inject the lidocaine into the tissue surrounding the cut for numbing.

Next, you would use both forceps and the suture line, or just simply the skin stapler, to bring the skin back together. The short scissors would be for cutting excess suture line. Last, you would re-clean the area, dry it, and apply the antibacterial balm.

It sounds simple (well, the suturing part maybe not, but I will explain suturing and stapling in the section on Wounds). You're going through the steps of responding to an emergency and resolving it. That's the mind-set you take on when picking your supplies. I teach suturing courses, live and in-person, with hands on technique instruction using pig feet, oranges, and simulated tissue.

Here is a list of the supplies I believe should be in a general use medical kit. I have listed the components for a laceration kit and a dental kit first.





LAC Kit Option	Dental Kit Option
<ul style="list-style-type: none"> <li>• <b>3.0 nylon sutures</b></li> <li>• <b>4.0 nylon sutures</b></li> <li>• <b>3.0 chromic gut sutures</b></li> <li>• <b>4.0 chromic gut sutures</b></li> <li>• <b>5.5" mosquito forceps</b></li> <li>• <b>5.5" straight forceps</b></li> <li>• <b>#11 scalpels</b></li> <li>• <b>Straight tip small scissors</b></li> </ul>	<ul style="list-style-type: none"> <li>• Dental Surgery kit</li> <li>• Filling kit</li> <li>• Crown re-fill kit</li> <li>• Baking soda</li> <li>• Tooth brush</li> </ul>

### General Use Kit

- Stethoscope
- Blood pressure cuff
- Gloves (nitrile, not latex)
- Shears
- Cotton-tipped applicators (think Q-tips)
- Medical tape
- Chlorhexadine swabs or alcohol swabs
- Ace wraps
- Adhesive bandages, various sizes
- Thermometer, preferably not battery powered
- Gauze, in rolls and pads of various sizes
- Squeeze bottle (for irrigating wounds)
- Fingernail clippers
- Dental floss
- Liquid soap (small amount)
- SAM splint
- Finger splint
- Otoscope with 4.25mm and 2.75mm specula (just a few)
- Glucometer (blood sugar check) with test strips and lancets
- Regular belt (for dislocations)



### STEP 3: Pick Your Medicines

TIP: Medicines expire and some medicines aren't necessary for a general use kit. Medicines also dissolve in water so storing your medicines in a water tight container or in waterproof bags within your med-kit will go a long way in keeping your kit viable if dropped in water, in a flood or river crossing situation, or any other scenario where the kit could be exposed to water.

Like picking supplies, visualizing potential emergencies and there solutions is key to picking the right medicines for your med-kit. Here is a list of the basic medicines I would always include in my med-kit:

#### Tablets / Capsules

- Diphenhydramine (benadryl), 25mg capsules
- Acetaminophen (tylenol), 500mg tablets
- Ibuprofen (motrin, advil), 200mg tablets
- Naproxen sodium (aleve), 220mg tablets
- Aspirin, 81mg chewables and 325mg tablets
- Any narcotic pain killers you may have (Rx)
- Famotidine (pepcid), 20mg tablets
- Meclizine (dramamine, antivert), 25mg tablets
- Doxylamine succinate (unisom), 25mg tablets
- Pseudoephedrine (sudafed), 30mg tablets
- Melatonin, 3mg tablets
- Loperamide hydrochloride (immodium), 2mg tablets
- Docusate sodium (dulcolax), 100mg tablets or capsules
- Clonidine (catapres), 0.1mg tablets (Rx)



### Oils, Balms, Inhalants, and Syrups

- Olive leaf oil
- Peppermint oil
- Mullein leaf oil
- Coconut oil
- Daffodil oil (as a laxative)
- Clove oil and dried cloves
- Colloidal silver
- Elderberry syrup
- Honey (preferably Buckwheat) for coughs
- Ammonia inhalant
- Albuterol inhaler (Rx)
- Powdered electrolytes
- Glucose quick sticks or chewables
- Orajel
- Oh, and honey, honey, honey for packing wounds and making poultices

### STEP 4: Pack it

The last step is to pack your kit with organization in mind. Group similar items together and arrange them with the least used in areas that are harder to get to within the container. This will put your most used items (gloves, alcohol swabs, bandages, etc.) toward the top of your container and readily accessible. It is frustrating to pack a med-kit only to have to unpack it every time you need something. If you end up with a lot of space left over (depending on the bag or container you choose), you can then decide to add some of the optional emergency-specific kits within your general use med-kit.



# Chapter 3: Sourcing Supplies



### **Controlled supplies without a prescription**

One of the big headaches for medical preppers is where to purchase supplies that normally require a prescription, especially medications and certain materials like IV supplies and medications. In this section I will discuss where to find some of these supplies (especially IV fluids), and which you should purchase.

**CAUTION:** You should not buy what you cannot do. Translation: If you don't have IV skills or training, especially if you don't understand the concepts of fluid shift, hypotonicity, isotonicity, and hypertonicity, as well as fluid volume excess and fluid volume depletion, then please do not attempt IV therapy on your own.

### **Which IV Supplies Do I Buy?**

The first question we need to answer is, what should you buy? Well, that depends on your experience, training, and capability. Are you an EMT, a nurse, a doctor, a medical technician, or do you in some other way have a medical background? If so, you will likely have a longer list than a non-medical prepper. It also depends on your goals. If you lack the medical background, but one of your goals is to have a fully stocked trauma or medical kit available for anyone to use (which includes friends, neighbors, etc. with medical training) during a crisis, then you will have a longer list of supplies to purchase as well.

Let's focus on the longer list for a trauma kit, field clinic, or home clinic. The list includes the number of units I believe you should pack in your Med-Kit per patient you are preparing to treat in the field and the number that you may not need in your Med-Kit, but is needed per patient. If you plan on having a Rubbermaid or some other type of container full of these supplies as back-up, then base your numbers on the per patient list.



	<b>Med-Kit (per patient)</b>	<b>Field / Home Clinic (per patient)</b>
<b>IV Start Kit</b>	2	1
<b>IV Tubing</b>	1	1
<b>IV Lock</b>	1	1
<b>0.9% Saline Flush</b>	2	2
<b>Solution, 0.9% Normal Saline, 1 Liter</b>	1	1

There are other solutions available for IV administration. Lactated Ringer’s, 0.45% saline (or, half normal saline), 5% dextrose, 3% sodium chloride, vitamin mixtures – all of these are more complex to use and interact with intra-cellular, extra-cellular, interstitial (third space), and circulatory volumes in much bigger ways than 0.9% normal saline. By the way, (if you have the training you’ll know this) the 0.9% is the concentration of sodium chloride in water that makes up what we call “normal saline”. It is 0.9% because its tonicity, a big word for the measurement of osmotic pressure across a gradient, is the same as your blood. When giving a person “normal saline solution” (aka, NSS), the only variables you need to be concerned with are the person’s current fluid volume status (dehydration versus euhydration [normal] versus overhydration) and their ability to eliminate (or, get rid of) the fluid you’re adding to their system. You don’t have to worry about hypo, iso, or hyper tonic effects on their cells or fluid compartments. You don’t have to factor in potential electrolyte disturbances. Unless you have a lot of training, NSS should be the only fluid you stock, and then only if you have some IV therapy training.

**Where Can I Buy IV Supplies WITHOUT a Prescription**

If you do a search on Google, Bing, Yahoo, DuckDuckGo, or whatever, for where to purchase IV solutions and supplies without a prescription, some of the first hits you’re going to see in the search results are from prepper blogs. These blogs usually have some dialogue on a thread or multiple threads that really boils down to, “We aren’t sure, but ask your doctor and maybe they’ll write you a scrip.” This doesn’t help most preppers.



The best answer to this question I can give you, as of the writing of this book, is to purchase your IV solutions and supplies from these two United States based, very legitimate, and very reliable websites:

- Atlantic Medical Supply, Deer Park, N.Y. 11729, Phone: (516) 249-0191
- Mountain-Side Medical Equipment, Marcy, New York 13403, Toll Free: 1-888-687-4334

I have gone all the way through the checkout process on both of these sites, purchasing IV solutions and supplies, and neither has ever asked for a prescription. The shipping is fast at both sites. The customer service is best at Atlantic Medical Supply, though. They called me to see if everything in my order was acceptable. These two sites may not always allow this, especially if a lot of us start making purchases with user names that include prepper, or some derivative. My advice for registering with these sites is don't. Try to remain anonymous and stay under the radar.

Now, the question about legality. Is it legal for these reputable and legitimate sites to sell these solutions and supplies without requiring a prescription, like all of the other sites do? I'm not sure. From both sites' Terms and Conditions, they seem to be relying on the end-user to make sure purchasing specific supplies is legal in their state. They do not state anywhere that they report their sales. I believe it is up to each end-user of their site to make that determination. Either way, these sites don't require a prescription and that is the focus for acquiring supplies.

### **Antibiotics**

Sourcing antibiotics is a contemporary issue that is right at the heart of a medical prepper's list of big questions. Antibiotics require a prescription. They require more control than, say, Tylenol, because they have a potential for greater damage if taken improperly. This can be damage to the liver, ears, kidneys, or some other organ, or it can be general damage by helping a super-infection develop when not taken completely, or through the formation of resistant bacteria. I have read that

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some preppers use the strategy of keeping their old antibiotics they haven't finished and adding them to their med-kit. I would never recommend to someone that they not complete a course of prescribed antibiotics only to save the medication for another day. There are better approaches.

### **Just Ask**

A first approach to sourcing antibiotics – a prepper could find a sympathetic NP, PA, MD, DO, or even a DMD or DDS. All of these practitioners have the ability to prescribe medications. Most, if not all, practitioners hold to the central guiding axiom of medicine, FIRST DO NO HARM. Most, if not all, practitioners hold to the ethical concept of not prescribing a medication without a present identified diagnosis to rationalize it. With that said, there are many patients for whom I prescribe a “just in case” antibiotic. The patient with chronic urinary tract infections or the patient going on a cruise or mission trip. Medical practitioners do prescribe antibiotics, nausea medicine, and other classes of medications on a “just in case” basis. Having a conversation with the right practitioner about your prepping plans and medication needs might lead to a wonderful supply of antibiotics.

There are two advantages to this approach. First, you have acquired the antibiotics legally. Second, you are obtaining for your med-kit medications that have been approved by the FDA for human use. The real drawback for this option is the cost. Your insurance is very likely not going to cover this prescription. Or if they do, only for a certain number of pills and then you are responsible for paying for the remainder. Using a discount plan like the one provided through GoodRx.com can really save a lot of money and help you be a better steward of your prepping budget.

### **The “Hit List”**

Another approach to sourcing antibiotics is one that only applies after a collapse of society. In this approach a prepper would have a “hit-list” of predetermined stores / outlets / shops they would visit during the first few hours of a verified collapse (after family and home were safe and accounted for). A prepper's “hit-list” might



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include the local Tractor Supply Company, veterinary clinic, pharmacy, etc. Anywhere a prepper – in this case, a reactor – might find adequate and substantial supplies. This approach raises some questions, however. For instance, how does a prepper verify a collapse and how can they justify breaking the law? At this point, in the throes of a societal breakdown or collapse, the law of the land is supreme and survival will come to those who are most prepared and most willing to continue preparing. It is a good idea for a prepper using this approach to be well armed while visiting the stores on the “hit-list”.

### Fish Antibiotics

A third approach to sourcing antibiotics is to purchase fish or animal antibiotics. This method is less expensive (usually) than purchasing FDA approved human antibiotics. A draw-back to this approach is that some forms of these antibiotics, especially those produced for fish, are becoming harder to purchase in large quantities.

While there are multiple fish antibiotics and antimicrobials available, there are really only five types of fish antibiotics available that a prepper might want to stock in their med-kit. Most are available through Thomas Labs (ordered through Amazon).

Here is a table that compares available fish antibiotics with antibiotics approved by the FDA for human use:

<b>Fish MoxForte</b> <b>Fish Pen Forte</b>	<b>Amoxicillin, 500mg</b> <b>Penicillin, 500mg</b>
Illness dependent (common uses): <ul style="list-style-type: none"><li>- Strep Throat (adult): 2 PO daily x 10 days</li><li>- Ear Infections (adult): 2 PO BID x 10 days</li><li>- Sinusitis (adult): 4 PO BID x 10 days</li></ul>	
<b>Fish Zole</b>	<b>Metronidazole, 250mg</b>
Illness dependent (common uses): <ul style="list-style-type: none"><li>- Bacterial Vaginosis (adult): 8 PO ONCE</li><li>- Lower Bowel Infection, following surgery (adult): 4 PO TID x 1 day</li></ul>	

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- Trichomoniasis (adult): 8 PO ONCE	
- Giardia, gut infection (adult): 2 PO BID x 10 days	
<b>Fish Flox</b>	<b>Ciprofloxacin, 500mg</b>
Illness dependent (common uses)	
- Sinusitis (adult): 1 PO BID x 10 days	
- Bone / Joint Infections (adult): {mild} 1 PO BID for 4-6 weeks	
- Prostatitis, bacterial (adult): 1 PO BID x 28 days	
- Infectious Diarrhea (adult): 1 PO BID x 7 days	
- Intra-Abdominal Infections (adult): 1 PO BID x 7-14 days	
- Lower Respiratory Tract Infections: {mild} 1 PO BID x 7-14 days	
<b>Fish Doxy</b>	<b>Doxycycline, 100mg</b>
Illness dependent (common uses):	
- Sinusitis (adult): 2 packets PO daily x 10 days	
- Listeriosis (adult): 1 packet PO BID x 7 days	
- Pneumonia (adult): 1 packet PO BID x 7-10 days	
- Some STDs (adult): 1 packet PO BID x 7 days	
- Periodontal Infections (adult): 2 packets PO daily x 7 days	
- Rocky Mountain Spotted Fever (adult): 1 packet PO BID x 1 day, then 1 packet daily x 9 days	
- Cellulitis (adult): 1 packet PO BID x 5-10 days	

As mentioned above, there are other fish antimicrobials available including equivalents to human erythromycin, tetracycline, oxytetracycline, chloroquine, and kanamycin. But these are not widely used in humans because of adverse side effects or because there are better alternatives. The five detailed above are the staples The Medical Prepper recommends for your med-kit. Also, I used medical shorthand above. PO means by mouth. BID means twice daily. TID means three times daily.

### Buying Strategy

The five staple fish antibiotics are equivalent to those the FDA has approved for human use, available from pharmacies. Fish antibiotics are available to every prepper, without a prescription. The general cost is low enough to acquire a sizable quantity. A great rule of thumb for antibiotics is to buy a quantity of 100 to 200 units (tablets / pills) every 1-2 months of each of the five type. This will do two things. First, buying a smaller quantity every couple of months spreads out the

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risk of early expiration. Second, it ensures that over the course of a year or two you will have adequate quantities of each type.

### Storage Pearl

It is generally safe to keep unopened (sealed) packages of tablet and powder form medicines for up to 5 years beyond the expiration date if stored in a cool, dry place and moved infrequently. There is no threat of denaturing in tablet and powder form medicines in a stable environment, especially if you add an additional sealing system (like waterproof, airtight containers).

## Medications

### Pain Relievers

Tylenol (acetaminophen, APAP), ibuprofen (IB), aspirin (ASA), and naproxen are all great OTC pain relievers. Arnica and clove oil are excellent anti-inflammatories. Clove oil by itself is an excellent toothache pain reliever. Daffodil oil and daffodil bulb poultices are great for joint pain, burns, strains and sprains, and as anti-infectives in open wounds.

However, to achieve good analgesia (pain control) with many conditions, injury types, and procedures, narcotics are required, specifically opiate derivatives. OTC analgesics can very quickly become toxic to the liver and kidneys before relieving pain in many circumstances. Additionally, a “medic” in the SHTF field may not know enough about dosing these meds to prevent killing their patient (or family member) due to excess administration aimed at pain relief. It is important, then, to store opiates and other narcotics legally and securely for when the need arises. The best way to do this legally is to use the lowest number of narcotics for the shortest period of time whenever they are prescribed and “bank” the remainder. This is harder now that hydrocodone combinations like Lortab have been moved to schedule II and are more strictly controlled. The rule of thumb in most emergency departments nowadays is to prescribe enough narcotic pain

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control for three days, in conjunction with an NSAID (non-steroidal anti-inflammatory) when appropriate. The pearl here is to use only what is necessary for pain control when narcotics are prescribed and securely store the remainder, preferably under lock and key.

As mentioned above, tylenol, ibuprofen, aspirin, and naproxen are the staples of over-the-counter (OTC) analgesics but have their limits in terms of degree of pain control and toxicity. Be sure to know dosing limits and appropriate uses for each. For example, do not use non-steroidal anti-inflammatory (NSAID) meds when treating pain related to fractures as research has shown that prostaglandin inhibition (the main mechanism of action of NSAIDS) also inhibits osteogenesis (bone growth / regrowth). The pearl here is to stock up on the max daily dose for all of the members of your family / team for 30 days. If you have a family / team of 4, for ibuprofen take the maximum daily dose of 4,000mg which is 20 200mg pills and multiply by 4 (your team count) and then multiply by 30. A family of 4 would need to store 2,400 200mg ibuprofen pills. This is the rule of max-30 and should provide your entire team with enough of each specific med to last one year with mild to moderate use. All of the OTC analgesics have a strong shelf-life and should be stored in your medkit in a cool dry place that is sealed from outside air. Here's an example for each of the OTC pain relievers:

<b>Rule of 30 for Medication Stocking (A÷B)*C*D</b>					
<b>Medication</b>	<b>(B) Dose per pill</b>	<b>(A) Max Daily Dose</b>	<b>(C) Number in team / family</b>	<b>(D) Rule of 30 constant</b>	<b>Total to stock</b>
<b>Acetaminophen</b>	500mg	4,000mg	4	30	960
<b>Ibuprofen</b>	200mg	4,000mg	4	30	2,400
<b>Aspirin</b>	325mg	4,000mg	4	30	1,475

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### **Antihistamines**

There are a few major OTC antihistamines: bronpheniramine (Dimetapp), chlorpheniramine (ChlorTrimeton), dimenhydrinate (Dramamine), diphenhydramine (Benadryl, Unisom), doxylamine (non diphenhydramine Unisom), famotidine (Pepcid – yes, this is a histamine blocker), loratadine (Claritin), cetirizine (Zyrtec), and fexofenadine (Allegra). I suggest stocking up on diphenhydramine (Benadryl), famotidine (Pepcid), and cetirizine (Zyrtec). Diphenhydramine can be used in doses up to 100mg for mild to moderate allergic reactions, and 50mg will usually yield a great night's sleep when falling asleep is a challenge. Famotidine should be paired with diphenhydramine during an allergic reaction to hasten histamine suppression and is also useful for the treatment of gastroesophageal reflux disease (GERD). Cetirizine is useful as a daily anti-allergen to combat seasonal allergies.

### **Antiemetics (Anti-nausea)**

The best OTC antiemetic is meclizine (non-drowsy Dramamine). This medication is powerful, non-drowsy (for most people), and calms nausea. Meclizine is also known as the prescription Antivert, something we prescribe to people with vertigo and loss of equilibrium due to inner ear disorders like Meniere disease. The great thing about meclizine is that it is available in the same strength (25mg) OTC and RX.

### **Antidiarrheal**

Loperamide is the generic form of Immodium. This is the best anti-diarrheal available OTC.

### **Oral Anesthetics**

Orajel and Anbesol are the best mouth pain killers. For canker sores, the best OTC medication is Kanka. For throat pain, a phenol containing spray should be stocked.

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### Nicotine

Consider that in a SHTF scenario, nicotine products might become very scarce as supply trucks and other supply mechanisms fail or halt temporarily. It is important to include nicotine products in your med-kit if you or anyone on your team uses nicotine daily. Remember, the best offense is feeling your best every day and having the medicines and medical supplies to make this happen. A situation you want to avoid is where you or your buddy has a daily nicotine habit interrupted and someone on the team is now experiencing withdrawal. Symptoms of withdrawal that could affect the fluid function of a SHTF survival team include impaired judgment, poor decision making, paranoia, impulsiveness, shakes, double vision, malaise, etc. Avoid this by making the decision to call nicotine replacement products a “medicine” and include them in your med-kit when applicable. Nicotine products will also hold value for trading.



# **Chapter 4:**

## **Top survival medicines to stock in medical kit**



If you are looking for the items for long term survival and dealing with any kind of medical emergency, here is the brief list of the meds which you must add in your first aid kit.

### **1. Activated Charcoal Tablets**

Activated Charcoal is known as the black magic med of the survival medical kit. This is the highly recommended medicine which should be there in your first aid box. The activated charcoal has many advantages (from whitening of teeth to lowering of the cholesterol level) and is an ideal medicine for the emergency removal of toxins. This drug, via absorption, captures the toxins from the body and flush them out of it.



Another major benefit of Activated Charcoal is that it aids in alleviating the bloats and gas. With the help of Activated Charcoal capsules, the digestion can be regulated. It protects your body from getting overdosed with the dangerous toxins. Because of its large surface area, it has high rate of absorption which keeps many substances from being entered in the digestive tract of body.

In acute uses for food poisoning, digestive illness, diarrhea, intake of toxins, vomiting, etc. And keep in the poison control figure in the record for the cases of toxin ingestion in your body.

### **2. Ammonia Inhalant Drug**

The Ammonia Inhalant is the latest day edition of the smelling salts. It is made for arousing the patients who get fainted. This is usually an overlooked survival med, but imagine how it feels to bring someone back to life with the small swift of the ammonia inhalant.



## Modern Meds to Stockpile



### 3. Antibiotics (amoxicillin)

Usually, fish antibiotics are not considered safe for the usage of humans, but the role of these antibiotics in treating the medical issues during the modern era is inevitable. Amoxicillin or Fish Mox is the fundamental product of the prepper's stock up which is used in the extensive catastrophic circumstances where a physician or medicines which are needed for the treatment are not available.



Amoxicillin helps in treating the bacterial infections, however also offers the severe allergy in few patients causing the sudden and intense death.

It is better to consult your doctor about this drug to check if this is a right medicine for you and your family members in case of survival circumstances when the prescribed antibiotic is difficult to find. Keep in mind that this antibiotic is originally made for fish, not for humans, but can be, used in cases when no urgent treatment is available.

The Fish Mox can be put in the stock, but should not be used in the ordinary way or without the consult of doctor.

### 4. Anti-diarrheal

One of the important survival kit medicine is the anti-diarrheal. Some of them are:

- Imodium® A-D or any other anti-diarrheal for controlling the symptoms of diarrhea.
- Kirkland includes the active ingredient (Loperamide HCl 2mg.), which is available at low price.

### 5. Antihistamine anti-allergy medicine

Benadryl is the diphenhydramine, which is the product of antihistamine, an anti-allergy medicine. This drug is being used since 1946 in relieving the perennial and seasonal allergy illnesses. It heals the bee sting readily.





### **6. Aspirin (painkiller)**

Aspirin can't be used by everyone; however, it is important to put in the stock of first aid medical kit as it helps in saving the life during heart attacks. It also helps in relieving pain and being a pain killer; you can use it for different reasons. Keep the small packets of aspirin in your medical kit box.

### **7. Boiron Oscillococcinum**

Boiron Oscillococcinum is a homeopathic medicine for treating the flu and cold symptoms. This medicine relieves the symptoms like body pains, headache, fever, fatigue, and chills. Boiron Oscillococcinum doesn't result in the drowsiness or react with any other medicine.

These are found in the form of the sweet taste pills which get dissolved readily if placed under the tongue and doesn't need to be swallowed by water or chewed. This drug works best for the flu and fever in particular.

### **8. Colloidal Silver (natural antibiotic)**

This is the strong and a natural antibiotic, antifungal, antibacterial, and antiviral, Colloidal Silver helps in soothing various skin diseases like the sun burns, reducing scarring, soothing the herpes sores, and treating boils, ringworms, and warts.

Colloidal Silver is the product which faced a huge amount of medical claims, however, survival stocks should include this as a necessary item. By the manufacturer of the Colloidal Silver Antibiotic, there is no germ of disease which can survive in the presence of even a small trace of Colloidal Silver.

Colloidal Silver can be used for treating the wide variety of the infections and diseases, both for the external and internal use. Many big pharmaceutical firms don't acknowledge the claims regarding this drug because of the extensive advantages of this medicine.

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As it is not advisable to self-medicate in any way, but there may come few moments when it gets hard to overcome the disease. Most of the medical kits include Colloidal Silver in their pharmacy packs as it is considered the natural antibiotic which can be used without any prescription. It works as an alternative to the prescribed antibiotic medicines and deals with

different kinds of infections.

### 9. Digestive enzymes (Enzyme supplements)

Your stomach may not behave same after you change your diet. Most of the backpackers get overdosed frozen food items and this lead to various imbalance of digestive enzymes. The problem can be settled by restoring the enzyme balance in the body. Probiotics are considered good, which are the good bacteria used for reducing the digestive gas, bloating and improving the immune system.

### 10. Frankincense (natural immune system's booster)

Frankincense oil is being used since the biblical era and is considered as the Gift of the Kings. As it is used for healing the myriad of skin, small cuts, incisions while reducing the inflammations, scars of the body. This is an essential oil which helps against the various infections and boosts the immune system of the body.

### 11. Fresh Green Black Walnut Wormwood Complex (parasitic medicine)

Fresh Green Black Walnut Wormwood Complex is a bit weird item in the list of the survival medical kit. This is the strong extract which is taken from the hulls of the green, black colored walnut trees and has been in use for decades as an herbal tonic for promoting the healthful microbial action. It is added in the medical kit for the killing of parasites.





While any disaster or a survival situation, you may be in the area where there is not the stable supply of the clean drinking water so be prepared for clearing out of parasites from water by using the Fresh Green Black Walnut Wormwood Complex solution. This conventional herbal treatment is used to promote the growth of healthy bacteria and highly recommended for adding to the list of medical aid kit.

### **12. Goldenseal (immune system support)**

Goldenseal is a famous antifungal and antibacterial medicine which promotes the formation of the healthy immune system. Goldenseal is also known as the Indian Turmeric or the Ginseng's little brother, which contains strong, potent medical attributes.

It kills the germs which come to its contact especially the mucus layer and doesn't absorb into the blood of the body, which leads to many benefits but can build up fluctuation if the blood pressure. That's why it should be taken with the consultation of a doctor. It also helps in curing cancer and digestive abnormalities.

### **13. Hurracaine (tooth pain reliever)**

Nothing is more painful than a toothache. Hurracaine is a gel which helps in anesthetizing of the muscles thus provides the temporary relief of the pain and discomfort in teeth and the gums. In the past, the pain in the teeth remained one of the main reasons for suicide as there was no cure for this problem. This drug is a good solution particularly when the dentist is not around.

### **14. IOSAT (Potassium Iodide pills)**

Including the IOSAT Potassium Iodide tablets in the medical stockpile, is being practiced since 1982 and its usage is certified by FDA for a long time. It is recommended by the health official Department of worldwide for preventing the thyroid cancer especially in those people who remain in expose to

## Modern Meds to Stockpile



the radioactive species of iodine in the nuclear reactors of the detonators of any nuclear weaponry.

The radioactive species of iodine can emit rays which travel thousands of miles through the wind, as it happened during the disaster of Chernobyl and Fukushima. The thyroid is the part of the body which absorbs the iodine and stores it in it.

After the approval of FDA, Potassium Iodide is allowed for exposure as the thyroid doesn't get harm if it gets saturated safe amounts of the stable iodine. This prevents the absorption of the extra amount of iodine in the thyroid for a long period, and the radioactive iodine of in taken can be disposed of the body via kidneys.

Potassium iodide is the survival peppered medicine which is usually ignored, and even then it is necessary to be included. The issue is that when you require it, it is not readily available because of the health departments which forbid its sale.



Potassium Iodide is found in the form of the capsules, which can aid in maintaining the level of beneficial iodides high within the body especially in the thyroid gland. It supports the normal detoxification processes of the body such as removal of the heavy metals and also cures the sickness caused by the radiation.

### **15. Melatonin (sleeping aid)**

Many survival medical kits include coffee and tea for various purposes. They must also have something in their stock which could induce sleep to them. Melatonin is a sleep-inducing item. Coffee and tea large amount of the caffeine which can stay you awake but help in boosting the energy level of your body while strengthening your endurance and protecting you and your family from an attack of dangerous diseases.

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During the hour of crises, your mind is hyperactive with thousands of kinds of thought and worries which keep you up all night, but sufficient sleep is very necessary for gaining the proper level of energy and working on the effective strategy to fight against the crisis. That's where Melatonin gets very important to use. It is great for those who face occasional insomnia, those who are with jet leg or if they want to enhance their quality of sleep.

### 16. MiroLAX stool softener (constipation relief medicine)

You may be consuming the food stuff which you don't eat in the normal routine so that it may lead to the bowel motions fluctuations more frequent. MiroLAX is a stool softening medicine which helps in digestion of every food item from fried, oily stuff to frozen, dried food. The prescribed amounts of the medicine can relief the temporary constipation problems while softening the stool. It can be used in the form of the solution by mixing it with any beverage.

### 17. Oregano Oil (an anti-inflammatory)

Oregano oil is very effective for the vaginal infections, flu and cold, and is a host of many other homeopathic usages. It comes in the packing along with the protection from the bed bugs, lice, fleas, mosquitoes and also tapeworms.

### 18. SaltStick Caps Plus (dehydration remedy)

Did you ever notice that it is inevitable to prevent the cramping pains during or after the long distance walk or high mountain hikes? By the experience of the marathon runner, SaltStick is considered as an electrolyte salt which includes caffeine and sodium solution which is a beneficiary item to be included in the medical kit.



Along with the reduction of the pain in the muscles, this medicine is entirely based on the veggie ingredients and helps in lowering the heat stress, while maintaining the level of electrolyte and energy. It is a great option for the people who go for hunting expeditions.



### **19. Tea Tree oil (only for external use)**

The tea tree essential oil is the best immune system booster and known as the powerful immune system stimulant. It is strong antifungal and is very effective against various types of infections especially for topical use. It can aid in fighting against the three classes of disease causing organisms including viruses, fungi, and bacteria and the studies show that Tea Tree essential oil when used for massages before surgery can help in fortifying the body and lowering the post-surgery shocks.

Tea Tree Oil can aid the problem of measles, cold, sinusitis, and viral infections. It is a quite penetrating oil which helps in curing the infections and boils or even seeps via toenails. It is a good remedy for the athlete foot. Avoid in taking the tea tree oil as it may end up destroying the internal digestive duct. Few people apply it for treating the sores of mouth and lips, but this is dangerous concoction for some and is not worth to risk for few people. Never ingest the oil.

### **20. Thieves Oil (pandemics)**

Catch this notion: use the thieves oil to aid the prevention of the different infection.



# **Chapter 5:**

## **Build your own first aid kit to save your life**





First aid medicinal kit is one of the highly overlooked preparedness things whenever you consider about the survival gear. This actually seems boring to talk about the survival medicines or bags, but when you think about the practical emergencies and preparing for them, the actuality of the case is that a medical kit is the one thing which you would require the most than any other survival item.

If you have not get some to time to be sure that all that you need is present in your medicinal kit, you are required to do some preparedness planning for doing some serious work on making sure that your first aid box must fulfill all of your requirements.

### **What should be included in the first aid box?**

A first aid box is made according to your requirements other than the unique items which are required to keep you alive during the time of crisis. There is no particular size of this kit which could be able to solve all of your problems. Thus each kit must be customized for dealing the maximum medical emergencies which you may have to face during your survival. This means that it involves that who is in charge of the household, what kind of medicines your house members use, what kind of health issues your family members face, and what are the most important things which are needed to survive the emergency condition.

The first aid boxes which you are available in the stores are of very bad quality and lack much important stuff. However, it is easier and less expensive to prepare you to own first aid box, making something which could save your life. According to a study done by the Center for the Disease Control, almost 213,000 persons get their treatment in the emergency rooms every year for the wounds which are caused during the outdoor recreations. The high common injuries include the fractures (27.4%), muscular sprains and strains (23.9%), abrasions and bruises (15.9), dislocations (3.81%) and lacerations (14.81%).

This study also listed crushing, burns, allergies, dental wounds, concussions, poisoning, and skin inflammations among the other injuries which are most experienced. But the good thing is that most of this stuff can be treated now. There are some quick and effective treatments present which can be used for curing the problems by using your medicinal bag. By having the quick treatments, you can also decrease the severity of the cuts and burns. For avoiding such injuries, here are the few suggestions:

- Keep the fitness maintained and never exceed the skill levels
- Keep the equipment maintained and checked
- Keep others about your travel plans
- Always carry the first aid box with you



Now let's have a look at the highly common wounds and the way of treating them by yourself usually, all this needs just a little preparation.

### Fractures:



Broken bones can be a great problem during survival. Once you are rolling over the road at the speed of 50 km per hour on your bike, across the hills and your bike slips down causing a fracture in your wrist. Luckily, it can be treated easily if you have the first aid box with you.

The Mayo's first aid box for curing the fracture involves the stoppage of bleeding while immobilizing the wounded part, applying the ice cubes for limiting the swelling and reducing the pain for treating the injured person for shock through laying him down on his legs and trunk slightly high than his head.

Things which you may need first to aid the fractures are as follows:

- Instant ice cubes
- ACE bandage for wrapping the fractured point across the injured part or splint
- SAM splints, as they can easily and quickly mold themselves for making the shape which you need while providing the stability to the fracture or the joint in a comforted way
- Quick clotting for stopping the bleeding
- Pain killers



### **Sprains and Strains:**

They usually happen around the main joints such as knee and ankle points when the ligaments which connect these joints get ripped off or torn. They hurt a lot and can hugely limit the mobility of your body. It is recommended to rest the point, in this case, apply the ice to avoid the swelling, compress the muscles as well as elevate the affected part. Items which you may need for achieving this are:

- Instant ice cubes
- ACE bandage
- Ibuprofen or any other muscle relaxant

### **Abrasions and Bruises:**

- Each of the good medical kits should include the items which can be used for stopping the bleeding, protecting and closing the cuts, and avoiding the infection. You will need:
  - Duct tape can be a life saver in such a situation when you try to treat the wound or cut as the medical help is too far from your reach. Duct tape can safely and fast put the open wound together.
  - Butterfly sutures is another excellent method of closing up the small wounds. These are the adhesive strips which pull the edges of the small wound together similar to the doctor's stitches.
- Instant ice cubes
- Ibuprofen or any other strong medicine
- Bandages
- Iodine or hydrogen peroxide
- Neosporin
- Tape for holding the bandages
- While using the butterfly sutures or duct tape for closing the wound, be sure that you clean the wound carefully and wash out the external debris or material. If you have any antiseptic, apply it on the affected part and dry it. Start from the mid of injury, apply the strips for pulling the open cute together tightly. Move towards the edges and slowly bring the two corners together while taping them closed.



### Allergies:

- If you think that you don't have any allergies, you should know that there are few things which can cause the allergic reaction in your body. In few cases, particularly people have food allergies, these allergies can be life-threatening involving the anaphylaxis reactions which need to be treated instantly.
- Antihistamine creams
- Antihistamine or Diphenhydramine HCl, which is one of the best antihistamines available in the market.
- Epinephrine or Epipen for life threatening allergies. You need to have Epipen all the time with you. It is helpful in stopping the anaphylaxis reaction until the medical treatment reached to you
- Pain Management Supplies:
  - Depending on what is your condition, pain can be dangerous or even life threatening if you lose hope. There is always a way to manage or treat the pain to reduce the inflammation. This is one of the most important things of the first aid kit. You need to have following:
    - Chemical ice packs
    - Lidocaine
    - Codeine or any other pain killer
    - Tylenol, Ibuprofen or Aspirin



### Lacerations:

Cuts can be small and big. The main concern is the blood loss, leading to the infection. For treating such cases, it is suggested to first cure the bleeding by compressing or elevating the wound, and then rinsing the wound with some clean water for removing the debris. Tweezers can be helpful for picking out the



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external debris which remains inside the wound after you wash it. You are then required to cover the wound, keeping it cleaned and dried.

### Supplies which can be helpful are:

- Superglue
- Quick clot
- Tincture with Iodine having 2% disinfect water
- Safety pins
- 60cc medical syringe used for wound irrigation
- Thread and needle
- Medical tape
- Bandages
- Wound closure bands

### Dislocation:

Dislocation occurs when the end of a bone locates out of its joint. If you don't have any ideas of how to treat the dislocated bone, don't try to fix it by yourself. The immobilization and stabilization of the joint and application of ice can reduce the swelling.

### Supplies you may need are:

- Pain killers
- Instant ice cubes
- ACE bandage
- SAM Splint

### Other Injuries:

Poisons, burns, blisters, and other non-life threatening injuries but still painful and irritating which can happen when you are on survival. The first medical kit can be helpful for treating them at the spot, so keep a lot of following stuff in your kit:

- Duct tapes
- Neosporin
- Mole skin

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- Band aids
- Visine
- Calamine Lotion
- Benadryl
- ACE bandage
- Anti-diarrhea meds
- Gel for blisters
- Laxatives
- Soap
- Additional items of the prescribed medicines which you may require
- Small multi tools along with the wire cutters and needle nose pliers

Along with this stuff, there are some general supplies which are required to keep in your first aid box:

- Aloe Vera
- Safety razor
- Bic lighter
- Nitrile gloves
- Scissors or shears
- Small LED light with extra Li battery
- Bivvy sack or emergency blanket
- First aid instructional manual

Just don't panic, stay positive and most of your problems get solved out. Generally, you need to think about the tips which you take, recognize any of the high risks and pack up some additional items. If you are out for few days, even then you need some real medical aid. Getting the prescribed pain killers as well as keeping them fresh for use can be a big aid for self-rescue. Longer you travel, many numbers of items you will be needed, as you will get far away from the hospital for getting yourself treated. Off course you won't want to take the risk. And, the supplies included in your first aid will prove to be good only if you know how to use them.



# **Chapter 6:**

# **How To Build Survival**

# **Medicine Kit**

## Modern Meds to Stockpile



You want to remain secured and prepared every time in the situation when the worst has happened. If you had a complete survival kit ready and stored for the emergency case is an important part to keep you and family safer while the time of crisis. While making the kit, you are required to be sure that you include all the necessary items in it and the equipment which may be required in the emergency situations. If you perform this task methodically and carefully, you can build the survival kit which increases the odds of remaining safe during the crisis.

Emergencies can occur anytime and anywhere, so remaining fully prepared is very important. Stocking the first aid box at your home is quite convenient as well as essential for being prepared for the emergency. Surely, you can purchase the readymade kits from the store however it is easier to build your own – and make it personalized according to needs of each of your family member.

A medicinal kit which is well-stocked is quite essential other than stockpiling the food items and water. After all, saving for your life by avoiding the infection caused by small cuts just by few drops of Iodine is very simple. The problem is that there are millions of cures out there and it gets difficult to identify that what should be included in the survival medicinal kit. Here is a short list of the items which should be included in the first aid kit, as well as the steps involved in the preparation of the kit

### To choose, locate and maintain the kit

#### Pick an appropriate container:

You can get the pre-filled medicinal boxes from the market and also purchase the empty boxes. However, you would require certainly the perfect first aid box for your home use.



- A good option is to have a large sized, water resistant, transparent, flexible or rigid plastic container, with zip closure or latch top cover.
- For making the larger kit including large number of items, a backpack can work for you
- The lunch boxes can also be a good option. Actually, if it can be easily accommodated, easily located, portable, water resistant, then it can be a decent first aid container.



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- Your first aid box must be able to be transported easily from one place to another during an emergency, included a handle to carry.
- You can choose a box in which you can easily separate different items and categories them.
- The containers which are zipped closed are the best for the non-rigid box especially. For the rigid container or lunchbox, go for the small, plastic and clear box like the ones which are suitable for crafted items or even for the disposable food items having the snap-on lids.
- Irrespective of the choice of the container, clearly recognize the one – for example, by putting a label of “First aid” on it by using a permanent marker at more than one locations.

### **Put the kit at accessible location:**

As you kid is crying because of an injury on its knee, you wouldn't want to have your first aid kit buried inside the debris of your home or been lost.

- Make a defined, constant spot for the first aid box, at an accessible location like a shelf or counter and inform every member of family about its location
- Let your kids know the location of kit, but be sure that they couldn't access it

### **Let your family know about the kit:**

Be sure that everyone at your home knows the functioning of each item of your first aid kit, its location and when to use it.

- For younger kids who shouldn't be using the supplies of kit, let them know about its location so that they could show it to a relative, visitor or a maid, etc. But put it at the location where kids could reach like higher shelves of home
- For adults and older kids, teach them on when to use the kit and hoe to use its various items. Use the first aid manual, like the one which is available in the market for the guidance and put the booklet inside the kit.

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### Keep the kit updated:

You wouldn't want to fetch the kit and find out that the bandage box is empty or the pain killers are expired. Keep checking the amounts and expiration dates of supplies on a regular basis. You may have heard that you should replace the batteries of the flashlight as the dusk starts. This is a good opportunity for checking the status of the first aid kit and keep it stocked.



### Make a checklist for including with kit:

Draw from the recommendations mentioned in the part of this chapter, stock up the first aid kit and then record the items on a piece of paper which you can include in the kit.

Record the amounts for example, ten wound bandages and expirations dates of medicines and ointments in the list of the item which is to be included in the kit. You may need something which could retrieve the kit instantly and know what it has or what it hasn't.

## Stocking the Kit

Add an array of the bandages:  
One of the most important thing while dealing the small cuts or scrapes, is a wide variety of the types and sizes of the bandages. You have multiple options about choosing the first aid bandages.



Put all the bandages in a clear, zipped bag which is given the label using marker including:

- Two triangular bandages
- 25 adhesive bandages of different sizes

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- Two 5" x 9" sterile bandages
- 5 4" x 4" and 5 Five 3" x 3" gauze pads
- ACE bandages
- Cloth adhesive tape

### **Include fundamental medical tools:**

Prepare yourself for cutting the bandages, plucking the splinters, and other first aid tasks without getting to the rummage via junk driver. Put these items in the zipped bags as well. Include following:

- Tweezers
- Small but sharp scissors
- Instant cold compressors
- Hand sanitizer
- Cotton swabs and balls
- Non-latex gloves
- Mercury thermometer for oral use
- CPR breathing carrier masks
- First aid instruction manual
- Cleansing wipes
- Zip closed plastic bags for disposing of the waste



### **Think about adding the additional tools too:**

If you own the roomy kit, consider about including the non-essential but advantageous medical tool also, marked bags, which may include following items:

- Duct tape
- Sewing needles
- Eye protection
- Aluminum finger splints
- Prepacked warming blankets
- Petroleum jelly

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- Safety pins
- Turkey baster for flushing the wounds out

### **Prepare the separate part for medicines:**

Put all these items separate from the tools and bandages and put a mark on them. Keep checking the expiration dates on a regular basis. You must be able to search for following items in the travel or first aid kit:

- Antacids
- Laxatives
- Aloe Vera gel
- Pain killers like ibuprofen, aspirin or acetaminophen
- Anti-diarrheal medicines
- Calamine lotion
- Cold pills
- Hydrocortisone cream
- Antihistamines
- Personalize the kit according to family medicines:
- Think about including the small amounts of the prescribed medicines for each member of your family, particularly for kids and old members.
- Keep track of the prescribed expiration dates of the medicines
- Even at home, keep the small amount of the personalized medicines – a bee sting aid box, for instance – can prove to be useful if the medicinal cabinet supply occurs to be depleted.



## How to prepare the mobile medicinal kit for survival

### Always own the travel kit:

- You need to have the first aid kit for your home use always and place the one also in your car too. Few cars are available with inbuilt the first aid box, but it should also be kept in checked and supplemented to make it complete.
- Prepare the first aid kit for cars accessible, don't bury it under the spare parts of the car or under the truck floor
- A travel first aid car should be like the one which is present in your home, but for making it always ready for use at road, think about adding some additional items like a flashlight with extra batteries, water-resistant matches, a crank or solar charger for mobile phones, sunscreen, a whistle, and so on.

Make the camping kit while moving outdoors:  
While moving outside the home, get the first aid with you.

- A first aid kit for camping should be like the one which is placed in the car, but put some additional things in it like scissors or cutter, water-resistant matches, warming blanket, duct tape, a whistle and so on.
- Add water purifying tablets also, for protecting you and your family from drinking the impure water.

### Pack the compact sized first aid box:

It is nice to own a sizable kit having about of every item. However, a small and easy moveable kit can be with you every time.

- For getting help from your first aid box while reducing the size, you should not neglect the important stuff
- A compact first aid box should include an ointment, three cleansing wipes, ten bandages, and two gaze pads. Including a small amount of the commonly used meds in the small sized zipped bags can be useful.



### Setting up the specialized kit as required:

If any one of your family members has a specialized medical requirement, make the travel kits which are clearly marked as well as particularly made for treating his needs.

- For owning such a kit, you can use the small, water –resistant and durable box, which marks clearly “Emergency kit” along with your full name.
- Work out with your physician for determining the meds which you should include in your first aid kits like Benadryl or any other Antihistamine, prednisone, or EpiPen are the highly likable inclusions
- Add two or more doses of the meds, in case of delaying the medical intervention
- For retaining the durability, include the possible laminated notecard or piece of paper, clearly, mention all of the instructions of how and when to make use of these meds. And, include the contact number of your doctor with other important info in it.
- You can make contact to the red cross anytime, and one of their representatives will come to you with a first aid box, or you can get the one from the local store. Learn the use of each item of the aid box. If possible, save the first aid kit in the waterproof box and make sure about rotating the stock in it just you perform with everything else.
- Always remember of replacing the items which you utilize from your first aid kit. The main point of owning it is to have the readable supplies available in your kit during the hour of medical emergency or when the disaster strikes when you will be in need of fully stocked and completely ready in all aspects.



# **Chapter 7:**

# **Nature's medicine**

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Do you want to know about other prepper's medicines? Preppers also stock several different home treatments, salves, unconventional medicines, and necessary oils for survival:

➤ **Aloe vera**

Aloe will deliver soothing relief from sunburn.

➤ **Honey**

Honey is best as a topical antibiotic mainly because apparently honey kills bacteria, in accordance with Science Day-to-day. What's far more, honey will last just about indefinitely! Consider the a lot of superior motives to hoard honey

➤ **Onion**

Onions have natural anti-fungal properties. For quick relief, rub on affected regions.

➤ **Epsom Salts**

Discover the medicinal makes use of of Epsom salts, including how Epsom salts assistance flush out toxins in the body, increase absorption of nutrients, and even soothe aching muscle tissues.

Taking consideration about anxiety and poor nutrition as well as lowered hygiene and total lack of health-related care are extremely real threats to your health during a catastrophe, it really is wise to prepare.

Nevertheless, for any health or dietary matter, consult your Medical professional effectively in advance of needing to make use of any of these goods. This medicine cabinet supply list is intended for long-term storage



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and use only for a situation where a pharmacy and health-related experienced network is unavailable.

### **Top two medicines to be included in the medical kit**

Have you wondered about the situation when you are in any medical emergency, and there is no doctor around or no, medicine, what would happen then?

The survival medicine kit is going to help you in this case. Be sure that you include every important thing in it so that you could survive when disaster comes.

If you are passionate about keeping yourself prepared for such situations, consider regarding the making of the stock up of the necessary medications and antibiotics so that you don't need to depend on the fish antibiotics or have to black market the meds.



# Conclusion

To deal with the disastrous circumstances, it is necessary to keep a complete set of important items in the survival first aid medical kit. There are few items which should be there in the box, including the emergency tools, medicines, natural ways of treating various wounds and allergies, survival guide books and so on. You need to give a frequent recheck to your medical box for discarding the used or expired products.

Make a list of the necessary medications which you should include your medical box. Here is a brief list of top 20 medics is given, you can use them after the consultation of your doctor or pharmacist. Your medical kit should include the essential painkillers, anti-allergic, antiviral and antibacterial medicines, etc.

The natural way of curing the diseases and wounds is considered best for a long period. In the case of destructive disasters, when there is no adequate supply of the medicines and purified food, it is very important to deal the circumstances in a natural way. There are few herbs which can be used with a wide range of the uses in many aspects. These herbs can cure the many life-threatening effects of diseases and infections without causing any side effects.

The most significant distinction in between Preppers and individuals who do not prepare for disasters is simply the mindset. When humans reside

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in ease and safety for most of their lives, they are likely to loosen up and assume that these luxuries will usually be there.

They place trust inside the technique. Preppers, alternatively, take responsibility of their own welfare and safety and usually do not depend on other persons to perform it for them. The concept of prepping for unforeseen circumstances isn't a brand new a single. The truth is, it was regular practice just a few generations ago.

In very simple words, prepping suggests living your life generally right now whilst preparing oneself for any doable disaster that may possibly occur tomorrow. You can find 3 distinct advantages of getting ready in case an emergency occurs. When an impending disaster is reported, most of the people rush to clear the shelves on the nearby hardware and grocery shops.

Stocks typically last a few days before they run out, and in these conditions, the retailers are usually ill equipped to meet everybody's requires. For anyone who is nicely stocked beforehand, chances are you cannot must be concerned about irrespective of whether you will be in a position to obtain the crucial things to survive.

In addition, if a disaster strikes and you are unable to acquire to healthcare facilities and department retailers, you might already possess the important things and know-how to ensure your survival. Lastly, in lieu of wasting the small time and power you have got fighting other men and women for staples and supplies, you'll be able to use this time to do some final minute preparations like battering down the hatches.