

PERSONAL MEDICAL NEED FOR PEOPLE ON A CARAVAN

1. Any prescribed medication, make sure you have enough for the length of the caravan
2. Emergency Food Bars.
3. 1 or 2 emergency blankets
4. Several 10 or 12 hour candles
5. Packet of moist towelettes
6. Packets of pocket tissues
7. Small plastic bags and ties
8. Large plastic bags and ties
9. Cold pack instant chemical or waterproof ice cube bag
- 10 1 or 2 gallons drinking water
- 11 Adhesive Band Aids, 3 or 3 3/4"
- 12 Adhesive Band Aids, Extra large
- 13 Q Tips
- 14 Plastic or latex gloves
- 15 Triangle bandage arm sling
- 16 Elastic bandage, 2 or 4" roll
- 17 Antiseptic wipes
18. Roller bandage gauze, 1" or 3"
- 19 Sterile gauze pads 4X4 Telfa Oachies *ouch less*
- 20 Above also in 2" size
- Pair scissors
22. Diarrhea medication
- 23 Laxatives
- 24 Fleet enema
- 25 Antacids, such as Tums, Alka Seltzer or Graviscon
- 26 Antibacterial ointment, Polysorin, Neosporin or Clinimycin
- 27 Alcohol, Peroxide Betadyne
- 28 Mosquito Repellent
- 29 Sun Screen
- 30 Pain Medication
- 31 Cortisone Ointment .5% or 1% *calypso*
- 32 Sun glasses, with UV screen
- 33 Thermometer
- 34 Extra pair of prescription glasses or prescription
- 35 Antihistamines, Benyadrol
- 36 Sea Sick pills Dramamine

32 Day Eye vision

For emergencies call RCMP or medical which will be posted on bulletin board

For medical problems try and use MD offices, the Emergency Rooms are more expensive

Know your medical problems and have them listed.

List the medicines you are taking those you are allergic to. Put them in a place where paramedics can find them. In the glove compartment of vehicle, or in the refrigerator on the top

door shelf. A small zip lock bag works very well.

SOURCE: DR HERB FISHER
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