

The Redrock Readiness Newsletter

Episode 10: Dr. Goldilocks and the 3 Medkits

“Heal me, O Lord, and I shall be healed; save me, and I shall be saved: for thou art my praise.”

--Jeremiah 17:14

Apologies for the missing letter last week, folks! To make it up to you, we thought we'd come out with a super-special jumbo edition of the Redrock Readiness Newsletter, focused on **FIRST AID KITS**.

Medkits—Beau knows those! While you may never need to use the one in your car preparedness collection, it's like Beau says—**“It's better to have and not need, than to need and not have!”**

There are a lot of first aid kits out there that come premade—but there's a Goldilocks problem with them! They either:

1) Give you zero “complicated day” kinds of items...instead drowning you with a ton of single-use items for little boo-boos,

OR

2) Assume you're a licensed MD and helpfully provide you with a box of **tricked-out super-expensive surgical tools** that you quite honestly wouldn't know how to use after studying the manuals, let alone under the pressure of an emergency.

We here at the Redrock Readiness Newsletter do not wish to see you arrested for practicing surgery without a license. So without further ado, here's Beau's recommendations on **how to build a medkit that's juuust right**.

The trick is to build up your kit in a **modular fashion**. We'll use **three tiers**, starting with inexpensive drugstore items to help you out with little medical problems, then building up from there.

Beau: Remember, you'll need something to put your med kit in. **A small hydration pack** (I said hydration **pack**, not **bladder!**) or **fanny pack** is about the right size. If you can attach it to your 72-hour travel bag, you're really cookin with grease! I also recommend you add a small flashlight in there as well—I've noticed I'm usually patching boobos in the dark (or with limited lighting).

Ready? Let's get started!

Level 1: "Boo-Boos" (*scrapes, minor cuts*)

Band-aids, multiple sizes.

Triple antibiotic ointment/cream

Over-the-counter **painkillers** (Tylenol, Ibuprofen etc.)

ACE Bandages, for sprains

Beau: I am proud to say that yes, I have Batman Band-Aids in my kit. Hey, when I was little, my parents told me I could be anything I wanted, so Batman!

Level 2: "Uh-Oh" (*moderate to severe cuts*)

Sterile saline fluid – You'll use this for **irrigating wounds, rinsing eyes**, and the like. A large (1-liter) jug is ideal, but for your kit you can go with a couple water-bottles full (label 'em clearly!). It's also great for burns—it'd work great for cooling the burn area.

Beau: Remember, with a burn you need to stop the burning process! **Don't ever put butter or lard or oil on a burn** as this will keep heat in and can cause further tissue damage.

Sterile Gauze – After you rinse a cut, stuff it full of clean gauze. Beau prefers **Kyrlex**-brand rolled gauze, which you can find at your nearby Walgreens or CVS pharmacy. Also useful for creating a pressure dressing.

Superglue – Little dab'll do ya! Superglue will actually hold wounds together after cleaning. Superglue seals the skin, forming a bug-proof, waterproof seal. Great stuff. Way better than the liquid bandages or the little wound kit things, plus it has many additional uses as well!

Level 3: "BAD DAY" (*things are gushing, help*)

Tourniquet – for a really, really bad day. **Wrap this a couple of inches above the point of gushing and wrap it TIGHT** to prevent further blood loss. **Write the date and time** the tourniquet was applied and get to an ER quick!

QuikClot – Made from shrimp shells, this product stops hemorrhaging cold. You'll want either the **sponge** or the **impregnated gauze**.

Beau: I prefer the gauze—what I will tell you is **don't get the granules!** They blow around if it's windy and can get in your face and gum up, which is NO BUENO!! The gauze you would tuck into a large wound and the stuff goes to work almost instantly and cauterizes (Pixel – CATERIZES ^^) the wound. (Pixel, bad kitty!)

SAM Splint – for when bones or joints aren't pointing in the directions they should. Which is a really “not a good day” type of day.

Other things to think of adding include a few spare doses of any medication you're on, as well as a Sharpie.

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Just like with the rest of your kit, given our desert heat, most of the items in your kit are going to expire and or be worthless after a couple of years. **Rotation is key**—go through your first-aid pouch periodically and replace all your bandages, etc. so that your kit stays useful!

Beau: I would highly recommend that the Ward get together and bring in someone from the Red Cross to teach and certify everyone in First Aid / CPR. I don't know about you guys but giving up a few hours on a Saturday would be worth it to pick up these skills. Just an idea but we could probably host it in conjunction with the Boy Scouts!

Until next week, be smart and stay safe!



I thought I had 'im, I really thought I did. My diabolical Kitty master plan was to hold Beau's cell phone charger hostage until he caved and was forced to buy me a phone of my very own—but this was not to be, for Beau had a secret **cell phone carry around** cattery—er, **battery** ready for contingencies such as this! I was soooooooo close to being able to order tuna by the case from *Fancy Kitty Perches & Litterboxes Monthly*. Shoot!

Guess he got it from Best Buy or Target or whatever you call those stores. Lets him keep his phone runnin and all without needing his charger at all. Boo!