

Emergency first aid checklist

- Aloe Vera - Can be used as a topical antibiotic as well as a treatment for burns and skin issues. Can be consumed internally (the gel only) for digestive support and to help eliminate intestinal issues.
- Activated charcoal - As a dietary supplement, activated charcoal can be a true lifesaver. It absorbs poisons! It's the primary ingredient in the poison treatment liquids used in emergency rooms.
- Baking soda - This simple but miraculous substance has a multitude of uses in personal health and even treatment of many conditions including gout, arthritis, and even some cancer tumors. Read our articles on Baking Soda at:
http://www.naturalnews.com/baking_soda.html
- Wound clotting products such as Quik Clot. Available at:
<http://www.quikclot.com/home.aspx>
- Cayenne pepper tincture - An amazing first aid substance with applications for boosting circulation and even helping heart attack victims.
- Gauze and bandages: You can never have too many, it seems. Available everywhere.
- Rubbing alcohol and hydrogen peroxide: Both are super cheap to acquire and have very long shelf life. Both can help clean first aid tools or even light wounds.
- Medical adhesive tape: I cannot emphasize enough how much you'll need this tape. Buy as many rolls as you can. They store for many years and have a multitude of uses. Get a variety of sizes.
- A good quality emergency knife, preferably a rugged folding knife.
- Tweezers and safety pins: These will be handy in a variety of situations.
- Safety razor blades.
- Cotton-tipped swabs.
- Colloidal silver liquid - Absolutely the single most important first aid item for long-term preparedness and survival. Can be used on the skin as well as internally. A very long history of safe use by tens of millions of people. Superbugs cannot build resistance to silver!
- Colloidal silver first aid gel - A combination homeopathic / silver solution for topical use. In my own home medicine cabinet, this has now replaced all topical antiseptics and

antibiotic ointments.

- A tourniquet. I recommend the Combat Application Tourniquet, available here: <http://www.amazon.com/C-A-T-Combat-Application-Tourniquet-American/dp...>
- Natural sugar source to treat hypoglycemia. I recommend coconut sugar because it lasts much longer than processed white sugar.
- A magnifying glass. Or better yet, have a wearable magnifier that sits on your forehead, freeing up your hands.
- Non-electric thermometer.
- Sturdy sewing needle and thread.
- High-quality natural soap such as Dr. Bronner.
- Collapsible water container (like a camp sink).
- Have a waterproof container to hold all these first aid items.

Learn more:

http://www.naturalnews.com/037760_herbal_medicine_first_aid_checklist.html#ixzz2AsgWbeTj