



M.D.'s Survival Medical Kit

✓	OTC Medications	✓	Supplies	✓	Natural Remedies
	Immodium		Medical Grade Alcohol		Immunity Boost Oil
	Ibuprofen		Witch Hazel		Headache Relief Oil
	Aspirin		Peroxide		Sinus Relief Oil
	Benedryl		Sterile Pads		Sunshine/Relax Oil
	Calamine Lotion		Gauze		Peppermint
	Dramamine		Ace Wrap		CBD Pain Balm
	Antacid/Pepto		Band-aids, various sizes		CBD Tincture
	Sinus Relief		Butterfly Bandages		Cats Claw
	Cold/Flu		QuickClot		Aloe Vera Gel
	Orajel		Soap		Activated Charcoal
	Sleep Aid		Condoms		Raw Honey
	Vapor Rub		Masks		Alum
	Lidocaine Patches		Gloves		Vitamins
	Neosporin		Heat/Ice Pack		
	Chapstick		Iodine Wipes	*	The first 4 are (the best)
	IoSat Tablets		Hand Sanitizer		essential oil blends by
			Splint		The Forest Guru.
			Pads/Tampons (2 each)		(www.theforestguru.com)
			IV Kit (opt.)		
			Dental Kit (in a ziploc)		
	Rx Medications		Equipment		Survival Aids
	Antihistamine		Scissors		Duct Tape
	Vicadin		Stethoscope		Bug Repellent Wipes
	Clonidine		Oximeter		Sunscreen
	Amoxicillan		Otoscope		Mylar Blanket
	Doxycycline		Glucometer		Head Light
	Augmentin		Thermometer		Water Purification Tabs
	Xanax		BP Kit		Lighter/Matches/Starter
	Percocet		Mirror		Multi Tool
	*any personal meds		Pen Light		Knife
			Tweezers & Clippers		Shemagh
			Washcloth, compact		
			Scalpels & Sutures		
			Skin Stapler & Remover		
			Foraging Guide		
			Military Medical Guide		