

Proposed Supplies for 'Red Bags'

2x2 gauze pads (4)

½" medical tape (1 roll)

self adhesive breathable bandage wrap (coban) -2" (1 roll)

scissors

non latex gloves (3 pair)

instant ice packs (2)

emergency blanket, foil (3)

triangle bandages (useful for many things)

life savers/mints (for low blood sugar)

flash light (we already had ones or phones work too)

water bottles, small (our children will shelter in a bathroom so we passed on this)

quick clot (already in our Red Bags)

tourniquet (already in our Red Bags)

towel (already in our Red Bags but sanitary napkins are excellent for soaking up fluids and they're cheap)

This all goes in a large plastic bag so it is all together