



## VIC MAUI RACE SUGGESTED MEDICAL SUPPLIES

### CLEANSERS

- Alcohol and Chlorhexidine Prep Pads
- Sterile saline – 2 Litres

### INSTRUMENTS

- Scissors – universal
- Thermometer – digital and rectal
- Glucometer – digital
- Eye cups – 2

### DRESSINGS

- Telfa pads
- Gauze Squares (sterile and clean)
- Band-aids
- Steri-Strips
- Tegaderm
- Burn Pads – Second Skin – large size
- Tensor Bandages
- Kling Bandages
- Abdominal Pads
- Waterproof Tape – 1”
- Triangular bandages – 12 at least

### MISCELLANEOUS

- Needles
- Syringes with Needles
- Ice Bags
- Hot Bags
- Pocket Masks
- Sam Splints
- Malleable finger splints
- Blood Pressure Cuff
- Stethoscope
- First Aid Manual

### OPTIONAL

- Skin Stapler
- Intravenous catheters - 20G
- Sharps container
- Saline for injection – 4 Litres
- IV Tubing
- Emergency airways – assorted sizes
- Fiberglass cast tape