



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
- Crepe Bandages
- Kling Bandages
- Abdominal Pads
- Waterproof Tape – 1”
- Triangular bandages – 12 at least
- Tourniquet bandage

MISCELLANEOUS

- Needles
- Syringes with Needles
- Sharps container
- Skin Stapler
- Gel packs (hot and cold)
- Pocket Masks
- Gloves (Personal Protective, that fit you)
- Sam Splints
- Malleable finger splints
- Blood Pressure Cuff
- Stethoscope
- First Aid Manual

OPTIONAL

- Intravenous catheters - 20G
- Saline for injection – 4 Litres
- IV Tubing
- Emergency airways – assorted sizes
- Urinary Catheter