

SANCTUM OF THE CRAFT
AKIIMA NICHOLLS SHIELDS



I MEDIC GEAR, KITS, AND ROLL- OUT |

RESISTANCE MEDICINE

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Akiima Nicholls Shields

Sanctum of the Craft

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Food and Water

We recommend that people hydrate and eat a well-balanced meal before going to any street medic action. The meal should consist of a healthy balance of fats, proteins, and carbohydrates.

We recommend bringing snacks, shelf-stable and energy-dense foods, such as protein bars, jerky, trail mix, etc. Bring a mix of quick energy foods (e.g., peanut M&Ms and Gatorade) and sustained energy foods (e.g. fruit, cheese, and crackers). When preparing the amount of food to bring to an action, the medic should consider the length of the event, time spent at the event, the physical demands required, their own activity levels, and their own bodily needs.

The medic needs to have access to at least 2 liters of drinking water throughout the day. Water may be carried on their person or stored at the base set-up. Medics should bring more water than they normally drink to account for action-based dehydration. If medics have a chronic medical condition, they should also account for food and water needed to manage their medical conditions, such as blood sugar irregularities.

Everyday Items to Bring

There is a debate as to when and whether a medic should carry a copy of their government-issued identification. Some medics do not carry them at protests or riots, but do carry them for other actions, like outreach to the unhoused, harm reduction efforts for substance users, climate disaster relief, etc.

At a protest, if a medic gets detained and does not have an ID, they may be detained for longer. However, there are situations when a medic may not want to carry an ID, especially if operating with a collective in full blackout. We do not recommend carrying a wallet with personal identification in a back pocket. Protests, riots, and civil unrest with large crowds may attract pickpockets. Instead, medics should carry ID and money somewhere secure, such as an inner pocket on a tactical vest or in a pouch on the front of their body, etc. A medic may also consider carrying a password-protected micro SD card containing copies of important paperwork, like their ID, birth certificate, and prescriptions from doctors.

We recommend people carry cash and avoid using their debit and credit cards if they do not want to be identified. We recommend medics separate their cash, with some in a wallet, some in their bag, and some stashed somewhere else on their person.

For protests and riots, we recommend medics leave their phones at home. If they do bring it, they

need to follow the steps outlined in our classes on Op-sec and Infosec. If they bring their phone, they need to bring a power bank and a charging cord.

Medics should bring any needed medical supplies of their own, in addition to what they bring for others. This includes their inhaler, EpiPen, insulin, medications they cannot do without, etc.

If they intend to be a medic for a protest or riot, and there is a chance of them being detained by the police or ICE, they should consider bringing several days' worth.

If a medic has any health condition that might pose serious health problems if their medication is interrupted, they should be aware that they may not have access to proper medication while detained or imprisoned. A letter from a doctor may help; in which case, they need to bring three copies of the letter to any well-organized protest or riot. They can give one to the other members of the medic team, one to the legal support team, and keep one with them. The letter should include the person's name, diagnosis, that they must have access to their medications, and that they must be allowed to be kept on their person so that they can be properly administered, that no substitutions are acceptable, and then a list of all of the medications.

If the medic needs an inhaler and the action is a protest, riot, ICE disruption, etc, it should be stored in a sealed plastic bag to protect from chemical weapons exposure. However, medics with asthma may wish not to involve themselves in actions where there is a high risk of chemical weapons exposure.

If medics are likely to menstruate during an action that is going to cause them not to be able to wash

their hands and/or not to be able to access a bathroom to change it, they should avoid using tampons and instead use menstrual pads. If tampons are left in for more than six hours, they may increase the risk of developing toxic shock syndrome. They may wish to pack additional compostable wet wipes, as well.

We recommend that medics wear and pack sunscreen for actions, even in winter. However, if those actions are a protest, riot, ICE disruption, etc., and chemical weapons exposure is likely, they need to wear a chemical sunscreen, not a lotion or fat-based one.

If the medic feels there is a high chance of exposure to chemical weapons, they should skip the sunscreen and wear sun-protecting gear instead, including a shade hat, bandana, and full coverage clothing that is ideally UV-resistant.

What NOT to Bring or Wear

Aside from this, medics should keep as little as possible on their person. If they are detained or have to leave their items behind, they should not carry anything with them that they would terribly miss.

Unless they are a journalist or photographer, they should leave the delicate and fragile equipment at home. They need to pack only the absolute minimum they need to take care of themselves and others who depend on them in any situation.

If the action is a protest, riot, ICE disruption, etc., they should not bring anything they do not want to get caught with by the police. Assume arrest is always a possibility.

They should not bring or wear anything irreplaceable that they would be financially or emotionally devastated by losing. Things get lost, stolen, and broken at actions.

They should not wear things that can easily be grabbed (e.g. dangling earrings, hoods, loose flowing hair, long necklaces and lanyards).

They should NOT wear contacts if there is a risk of chemical weapons exposure. Contact lenses trap chemical weapon particles against the eyes and worsen eye injury.

They should not wear body oil or lotion if there is a risk of chemical weapon exposure, as these

can trap chemical weapon particles against the skin. Makeup may be an additional risk, especially eye makeup or fat-based foundations.

They should not bring a gun.

Additionally, street medics should not use or carry hemostatic granules or latex-based medical supplies.

What to Wear

Shoes

We cannot stress enough that people need to wear comfortable shoes. They will be on their feet for a long time, possibly marching or running.

We recommend good-quality hiking shoes or boots, or a pair of tactical boots designed for long treks. Ideally, people should look for waterproof and tear-resistant materials. Shoes should be broken in before a person intends to walk long periods in them. If that is not possible, then we heavily recommend adding blister band-aids to the first aid kit.

Recommendations:

For hiking shoes, we have found Merrell to be durable and comfortable. They also have an enormous range of styles, for easy to difficult terrain, and different temperature ranges. We've had Merrell boots last for years under extremely heavy use - both use field boots or tactical boots.

For tactical boots, after trying multiple brands, we both recommend 5.11 Tactical. Akiima used to heavily recommend Ariat's field boots; however, not only has their quality diminished, but they no longer make the knee-high waterproof field boots rated for riding for AFAB people at all. A person could also use Dubarry field boots, but they are very expensive.

<https://dubarry.com/collections/field-sports/products/ladies-country-boot-walnut-galway>

From 5.11 Tactical, if it can be afforded, we recommend their 8-inch high ATAC line for both bug-out bags and protests.

<https://www.511tactical.com/eu-en/atac-series>

Clothing

We recommend that people wear multiple layers that cover their skin to reduce their exposure to the sun, wind, gas, pepper spray, smoke, etc. Layers also help soften the impact of bean bag rounds and rubber bullets.

Undershirts:

We recommend the kind of undershirts that are used by hikers and campers (also useful to put into a Bug Out Bag). The fabrics we recommend are silk and Merino wool, which are moisture-wicking, fire-resistant, antimicrobial, and breathable. These may be prohibitively expensive, so consider checking thrift and resale stores. (Akiima has purchased all of hers from Poshmark.)

<https://www.smartwool.com/en-us/best-wool-base-layer.html>

Shirts:

We recommend ripstop nylon, cotton, or canvas. Cheap work and field shirts of ripstop can be found on many work and farm supply stores online, unfortunately, it is harder to find ones that accommodate having breasts. Additionally, ripstop shirts can

be purchased that are treated with a flame-resistant coating, which makes them more useful to people who might be picking up flaming items (for whatever reason).

Non-polyester ripstop is getting extremely hard to find, so durable cotton twill or canvas may be substituted. We do not recommend polyester shirts for protests due to the risk of overheating and flame-related injury (polyester melts to skin).

Cotton canvas or twill recommendations:

<https://www.carhartt.com/product/103554-253MREG>

<https://dungarees.com/carhartt-103600-womens-rugged-flex-bozeman-shirt>

https://www.ariat.com/10032882_192904419139.html

<https://dovetailworkwear.com/products/oahe-work-jac>

Ripstop recommendations:

<https://www.cabelas.com/shop/en/redhead-ripstop-long-sleeve-shirt-for-men>

<https://oilandgassafetysupply.com/products/flame-resistant-reflective-ripstop-button-down-gray>

<https://www.eddiebauer.com/p/23124215/women's-mountain-ripstop-long-sleeve-shirt>

Cut-Resistant Shirts:

Cut-resistant and tear-resistant shirts are available, some of which look just like regular clothing. Again, these are quite expensive.

Recommendations:

<https://www.bohnarmor.com/product/wcool-air-mesh-armored-riding-shirt/>

<https://skullriderz.com/collections/kevlar-clothing>

<https://www.skullriderz.com/products/road-armor-air-rider-ladies-mesh-armored-shirt>

<https://oldsoulmoto.com/collections/womens-kevlar-moto-shirts>

<https://www.awawork.com/noiish.html>

<https://www.slash-pro.com/>

Vests:

Vests can serve as extra equipment storage if they have pockets. They can also serve as protection for one's vital organs. Akiima tends to prefer motorcycle protective equipment, as it is something that can plausibly be explained to authorities should it be required. Spinal protectors can serve a similar, more specialized function.

Recommendations:

<https://www.revzilla.com/motorcycle/icon-womens-stryker-vest>

<https://www.revzilla.com/motorcycle-back-protectors>

Pants:

Pants should be ripstop canvas, leather, or aramid reinforced. These are listed in order of ascending level of protection as well as ascending level of encumbrance and possible overheating. Pants that are extremely protective and also extremely breathable tend to unfortunately be quite expensive.

Canvas:

<https://dovetailworkwear.com/products/dx-bootcut-in-kodiak-brown?variant=40081803182114>

https://www.carhartt.com/product/103335/rugged-flex-steel-cargo-pant?colorCode=undefined_SW

<https://ravenrova.com/products/raven-black-pants>

Plus Size:

<https://ravenrova.com/collections/in-stock-motorcycle-gear/products/falcon-silver-textile-pants>

Aramid Reinforced Denim:

<https://dovetailworkwear.com/collections/fr/products/britt-utility-fr-denim-indigo?variant=40077625557026>

<https://windandthrottle.com/products/moto-ribbed-pants>

<https://pandomoto.com/product/all/women/lorica-kev-02-womens-motorcycle-jeans-skinny-fit-kevlar/>

<https://pandomoto.com/product/all/men/protective-riding-jeans/>

Leather:

<https://www.revzilla.com/motorcycle/motonation-revolver-perforated-leather-pants>

Protective Equipment

Adequate protective equipment saves lives. What protective equipment to wear or bring depends on the action the medic will be taking part in. The protective equipment may be different for a protest than it is for a climate disaster relief action.

Gloves:

At a minimum, medics need to carry many nitrile gloves with them. But they may also want to carry work gloves, if they are going to be assisting in climate disaster relief. Or, if the action they are serving at is a protest or riot, they may want to bring heat resistant gloves.

Masks:

At a minimum, medics need to wear N-95 masks to avoid contributing to the spread of respiratory illnesses such as COVID-19, influenza, and respiratory syncytial virus (RSV).

However, if an action is also a protest, riot, or ICE disruption, etc., the medic may also need to have a chemical respirator or gas mask to protect themselves from chemical weapons. If providing disaster relief aid, this mask should protect against dust, ash, mold, etc., as well.

Goggles:

Goggles may be used to protect against dust, ash, blood, flying debris, chemical weapons, etc. Different goggles work for different environments and environmental concerns. We recommend medics invest

in a pair of shatter resistant chemical goggles, because they are the most multi-purpose.

Recommendations:

A recent recommendation from the protest community are the Pyramex Torser Rubber Gasket Sealed Safety Glasses – H2MAX Anti-Fog Lens, which are shatter-resistant and chemical-resistant.

<https://www.safetygear.com/products/pyramex-safety-torser-safety-goggles>

Another recommendation recently made to us was wilderness firefighter goggles:

https://esseyepro.com/en_us/ballistic-goggles/influx-fire-pro-1977-wildland-fs

Ear Protection:

Ear protection is primarily intended for volume control. Medics may want to wear ear protection to protect their hearing. Ear protection is required if there is a significant chance that firearms will be utilized. There are now advanced ear protection options intended for people engaging in hunting/shooting that automatically dampen any noises above a certain threshold to protect a person's hearing from loud noises (such as gunfire) without impairing their ability to hear what is going on around you. Some of them also come with Bluetooth capability.

PLEASE NOTE: The automatically adjusting headphones DO NOT protect against sonic weaponry. Even non-automatically adjusting headphones do not protect against the full effects of sonic weaponry (only some of the ear damage) and the automatically adjusting kind cannot adjust fast enough to protect against sonic weapons.

Recommendations:

<https://www.amazon.com/Professional-Safety-Muffs-Decibel-Defense/dp/B01BEENYCQ?th=1>

<https://elginusa.com/products/elgin-rampage-bluetooth-hearing-protection-earmuffs>

<https://www.sweetwater.com/store/detail/ER2oXSStd-etymotic-research-er-2oxs-high-fidelity-earplugs-standard-fit>

<https://goaxil.com/products/xcor>

<https://goaxil.com/products/trackr-blu>

Hard hats or helmets:

We recommend medics wear head protection, if possible. Generally a hard hat, which can also display a medic symbol.

Black bloc protesters sometimes wear helmets. They are also a useful tool for anonymity. These helmets DO NOT provide protection against gas, which is why most Black Bloc wear a combination of goggles and a gas mask with a hard hat, instead. However, we have included some options here for thoroughness.

Weather Gear

We have separate classes on weather-related gear for action medicine in extreme weather, which address the gear to use for extreme cold, heavy rain, extreme heat, falling ash, etc. This guide will only shallowly address this topic.

Hot and Humid Weather

When the weather is typically reported, the temperature typically used is a dry-bulb temperature. This is a measurement of ambient outdoor air temperature. Wet-bulb temperature which is taken with a thermometer wrapped in a wet cloth. This shows the extent to which the body can be cooled by evaporation from sweating. If the air is very humid, it cannot absorb water, and sweating cannot cool the body.

Heat coupled with high humidity affects human health after just a short period of exposure. Studies have found that the danger begins at a wet-bulb temperature of about 87° Fahrenheit (31° C) across a range of environments above 50% relative humidity.

Extreme heat coupled with high humidity can be damaging to people after just a short period of exposure. If there are significant increases in body temperature, this can lead to heat exhaustion and heatstroke. It is most damaging to children, the elderly, people with heart conditions, people on dehydrating medications or with dehydrating health conditions

(like POTS or UTIs), and people with acute or chronic illnesses. (It is important to note that many common anxiety and depression medications can make you more dehydrated and also more susceptible to sunburn. If you do not know if your medication has these effects, it's worth researching before attending an action event. Drugs.com is a good place to look.)

Starting at about 88° Fahrenheit and definitely after 95° Fahrenheit, people cannot survive for long without shade, increased air circulation, and cooling of the blood.

During hot and humid protests, we recommend that medics:

- Wear lightweight, breathable clothing that hangs away from the body. Linen is best, as cotton absorbs moisture and holds onto it, making the problem worse.
- Avoid “moisture-wicking” clothing that is made from polyester. Polyester is not safe to wear to a protest, riots, or fire-related climate crisis relief due to flammability risks, and is not as effective as linen at wicking away sweat and keeping people cool.
- Wear clothing with vents. If a medic cannot wear cotton seersucker, twill, canvas, etc., try to find clothing that has vents or mesh panels. These help increase airflow on hot, humid days.
- Wear a hat, but look for hats with vents, mesh panels, or those that are made with quick-drying materials. Tilly sells excellent options, though they are somewhat expensive. We can find several on sites like Poshmark if the medic needs to buy used (but always spray used hats with a biocide for

lice!). Medics who need to be wearing a hard hat obviously cannot wear a sun hat, but medics providing street medicine and harm reduction supplies to the unhoused or who are providing climate crisis relief may be able to wear a hat.

- Cooling ice packs or bandanas soaked in cool water. Medics should always remove the cloth as soon as it no longer feels cold.
- Continue drinking water, even when you are not thirsty.

For Heavy Rain

A rain-appropriate jacket:

Although any jacket offers some level of weather resistance, understanding some basic terminology can help a medic select the right one for storm-related crises. Gear can be water-resistant (resist rain for a brief time) or fully waterproof (resist rain entirely for longer periods). Waterproof materials that are labeled “breathable” are constructed to still allow sweat to evaporate off the skin, keeping the body cool during exertion. Most emergency ponchos are not breathable.

Gear can also be wind-resistant or windproof. REI labels a jacket windproof when it can withstand 60+ miles per hour winds.

A softshell jacket is another term for a water-resistant jacket. A hardshell jacket is another term for a waterproof jacket. Soft shells tend to be best for packing (they pack down smaller), weight, and for breathing through high-exertion activities. Hard shells

are not insulated, and so warmth needs to come from base layers or midlayers. There are also hybrid shells.

An insulated shell jacket will be filled with down or synthetic insulation (more on this in the section on extreme cold). Most insulated jackets are at least water resistant, and some are seam-sealed to be fully waterproof.

There are many kinds of synthetic waterproof coatings – exploring all of them would be too much detail for this write-up. We will note here that Akiima does not like what is referred to as Durable Water Repellent (DWR) coatings, which make a normally non-water-resistant product water-resistant with a finish that causes water to bead up and roll off. The finish wears off fairly quickly, leaving the garment not very usable.

Ideally, a rain jacket will be seam-taped, have a flap over the zipper, have a hood, and have vents.

Rain Poncho:

Staying as dry as possible is important during heavy storms. A rain poncho is one of the few pieces of clothing we say can be made from plastic or vinyl.

Recommendation:

We like the Arcturus Poncho, as it is made from 210T Ripstop Taffeta, which is coated with 2 layers of waterproof PU coating. It is more sturdy than many of the plastic ones we have tried.

<https://arcturusgear.com/products/arcturus-lightweight-waterproof-rain-poncho-olive>

Waterproof Boots:

Wet feet lead to illness. Keeping feet comfortable and dry is essential during storm evacuation.

Recommendation:

We like the 5.11 A/T Waterproof Boots because they provide protection from water, ankle support, and durable tread to prevent slipping. They work for basically everything a medic would be deploying for.

<https://www.511tactical.com/5-11-a-t-8-waterproof-side-zip-boot.html>

Waterproof suit, pants, or waders:

In addition to a poncho, if it is storming out, we recommend that people who have a chance of needing to wade through flood waters (which is extremely dangerous and not recommended!) wear a waterproof suit, pants, or waders to keep themselves as dry and protected as possible. Rain suits, jackets, coats, pants, overalls, and ponchos can be combined into whatever rain protection outfit best suits the medic's needs. Brightly colored rain gear can help people in need of help with spotting a medic.

Extra Changes in Clothing:

The recommendation for clothing does not change much. We still recommend natural fibers. We definitely do not recommend cotton for working in extreme damp conditions, like storms or flooding. For a storm bag, we recommend extra changes of clothing, because staying damp is dangerous. A medic should change into dry clothing as soon as they access a covered shelter. Dry clothing thoroughly before wearing it again, if possible.

For Extreme Cold

Layers, Layers Everywhere:

Layering allows medics to adjust their temperature by adding and removing items to maintain comfort through different conditions and exertion levels. Layering for cold weather requires a base layer for dryness, even when sweaty from exertion or damp from weather conditions, a middle layer to maintain body heat, and an outer layer to protect from rain, snow, wind, etc.

The base layer should be wool, silk, or specially formulated synthetics (not our preference).

The middle layer should be insulated. Insulation should be considered as to how it retains warmth, handles wet, how heavy it is, and how small it can pack down to.

The outer layer should ideally be extremely adjustable and practical. We recommend cold jackets that have a detachable hood. Additionally, it is our preference that they have vents in case exertion levels cause sweating. Ideally, any cold-rated jacket will also have a flap that covers the zipper, or the zipper will be water-resistant.

They should be considered for their temperature rating, although those are not always hugely accurate (they tend to be rated in still, cold air rather than in damp conditions, and they do not take exertion into account). Any jacket labeled waterproof is also windproof.

Shell pants or gaiters: If the cold weather is the kind with sleet or slush, it may be worth it to invest in winter shell pants or gaiters that go over the base layer pants.

Appropriate accessories:

We still recommend wool socks, gloves, hats, and scarves, but the ones for a cold-weather pack should be made of warmer, more insulating material. Socks can still be merino wool, but hats should be wool or cashmere beanies. We prefer merino or cashmere fingerless gloves under waterproof gloves for extreme cold. Scarves should be wool or cashmere.

Winter boots:

We recommend waterproof winter boots with good traction and insulation.

Recommendations:

Once again, we recommend 5.11 Tactical, though this time their ATAC Insulated Boot.

<https://www.511tactical.com/a-t-a-c-2-0-8-insulated-boot.html>

The Solomon Toundra Pro Climashield Waterproof Boots are also highly recommended by others, though we have not tried them personally.

<https://www.rei.com/product/105394/salomon-toundra-pro-climashield-waterproof-boots-womens>

Insulation Types for Jackets:

The two choices are effectively natural down and synthetic. Down is very lightweight, breathable, very warm, very packable, and durable (and Akiima's personal preference). However, it does not work well

in damp environments and is not hypoallergenic. There is water-resistant down that is treated with a process to make it still insulate in damp environments, but water-resistant down is more expensive.

It is worth noting high quality down that is less bulky and still warm can be expensive and difficult to find. Make sure to investigate any specific product that you are considering.

Synthetics are recommended for extreme cold and damp conditions. They are cheaper, quick-drying, hypoallergenic, and insulate when wet. However, synthetics are less durable, heavier, and harder to pack.

Short-staple insulation can behave like down due to being made from short strands of fine synthetic filaments that are packed like down. However, they tend to clump up in areas and resist being moved into place, leaving areas unprotected.

Continuous-filament insulation does not feel like down - it is stiff and not very compressible, and somewhat hard to pack. But they are durable, and the fibers do not shift and create unprotected areas.

The fill numbers (which are something like 40g or 60g) indicate the weight of the fibers per gram in a square meter of the insulating material. Higher numbers mean thicker insulation.

Hybrid down and synthetic blends are also available.

Electrical Heating Accessories:

If medics prefer non-disposable heat sources, they can get rechargeable warmers, gloves, socks, and even insoles. They are very expensive and do require access to power to recharge, so it is something that we

do not recommend to everyone. These may be helpful for medics experiencing circulation or pain issues when exposed to extreme cold – if they decide these products are worth the extra weight on their body or in their kit. If so, they are available at most camping supply stores.

Materials for Medic Kits

The following are our recommendations for specific items to carry in a medic's kit. The amount of each that they should carry will vary significantly by the size of the action, whether they have the ability to resupply at a base set-up, whether they are the only medic or only medic carrying supplies, and whether or not EMS will be able to access the action quickly.

Our preferred methodology is that each medic stocks their kit with some of all of the following and then goes back to a base set-up for a restock as needed.

Bleeding Wound Treatment:

- Sterile gauze non-adherent pads (2 by 2 and 4 by 4)
- Sterile non-stretch gauze bandage rolls
- Self-adhesive bandage rolls
- Hemostatic dressings
- Compression bandages
- Ever-ready Israeli battle dressing compression bandages
- Tourniquets (at least 2)
- Chest seal bandages for sucking chest wounds

- Band-aids
- Lidocaine antiseptic spray
- Sterile packets of petroleum jelly
- Non-latex medical tape

Sterilization:

- Povidone-iodine wipes
- Antiseptic surface wipes
- Hand sanitizer packets
- Hand sanitizer bottles

Joint & Bone Injury:

- Stretch, conforming gauze bandage rolls
- Elastic bandages
- SAM-style splints
- Triangle bandages
- Bandage clips or safety pins

Burns:

- Hydrocolloid dressings
- Sterile burn cream packets (also for sunburn)

Blisters:

- Hydrocolloid dressings (smaller)
- Blister bandaids

Resuscitation First Aid:

- Sterile mouth guards (if they intend to do mouth-to-mouth)

Chemical Weapons Exposure:

- Eye wash bottles
- Safety wash bottles
- Sterile water

Basic Weather-Related Supplies:

*More extreme weather supplies later in guide

- Emergency ponchos
- Mylar emergency blankets
- Cold packs
- Heating packs
- Sterile sunscreen packets

Other Injuries & Traumas:

- Naloxone
- Epinephrine injection
- Eye patches
- Wool trauma blankets (also for carrying)
- Collapsible stretcher (optional)

Assessment Equipment:

- Blood pressure monitor
- Laser forehead thermometer
- Stethoscope
- Portable fingertip pulse oximeter
- Non-invasive glucose monitor

Tools:

- Trauma shears
- Flashlight
- Penlight (for checking for concussions)
- Pocket-knife with glass breaker (Optional)
- Lighter (Optional)

Multitool:

- Leatherman makes the best, and they are worth the expense.

Recommendation:

The Leatherman Wave Plus is a more expensive, but excellent multi-tool for both everyday carry and to put in a medic bag.

<https://www.leatherman.com/wave-10.html>

Other Supplies:

- Pens
- Water-resistance markers
- Gaffers tape
- Duct tape
- Hair ties
- Notebook
- Emergency Flares and/or Reflectors

Notebook:

We recommend a lay-flat design sturdy enough for daily use and able to hold things like receipts.

Recommendations:

An inexpensive option that Akiima has tested is the Standard Issue Notebooks by Design Ink. Unfor-

tunately, they are not waterproof, but they do have a great section of reference tables.

<https://designworksink.com/collections/standard-issue>

Rite in the Rain has a fantastic selection of waterproof notebooks, including ones for specific jobs and activities. (There is a medic-specific one, a gardener-specific one, etc.)

<https://www.riteintherain.com/>

An excellent waterproof one is available from Leuchtturm1917, with handy conversion tables, similar to the Standard Issue Notebooks.

<https://www.leuchtturm1917.us/outlines.html>

Emergency Flares and/or Reflectors:

If a medic will work in climate disaster relief or if they intend to help someone on the side of the road, they should consider adding road flares to their full kit or car kit. Flares can theoretically be replaced with triangular reflectors, but something to signal a non-functional vehicle status to oncoming traffic is necessary. Emergency flares should also be included in any kit designed for climate emergencies.

Recommendation:

Our favorites are the Orion Safety Flares that are eco-friendly and burn in all weather.

<https://www.amazon.com/Visibility-Eco-Friendly-15-Minute-Safety-Flares/dp/B07P614ZZ8/>

Communication Devices:

- Radio
- Walkie-talkies
- Phones all using Signal, etc.

Clean-Up:

- Empty ziplocs
- Biohazard trash bags

At Medic HQ

At base camp, medic headquarters, the primary tent, etc, we recommend medics keep waterproof bins full of supplies for restocking of the previous items.

For Further Treatment:

- Sterile wound wash
- Povidone iodine liquid solution
- Wound closure Steri-strips
- Zipper wound closure strips
- Sterile swabs

Available, but We Cannot Dispense:

- Topical ibuprofen (Voltaren)
- Acetaminophen
- Ibuprofen

Emergency Food to Distribute:

- Electrolyte packets
- Energy or protein bars

- Cracker packets (cheese, peanut butter, etc)
- Liquid protein packs
- Instant drink packets (hot cocoa, instant miso soup, instant hot cider, etc.)
- Instant coffee
- Sugar
- Non-dairy shelf-stable creamer
- Small hot drink cups
- Compostable spoons
- Hot plate
- Portable camp stove
- Kettle
- Bottles of water
- Cough drops

Hygiene:

- Liquid Castile soap in small squeeze bottles
- Menstrual pads
- Tampons
- Hand sanitizer
- Compostable body wipe packages

Set-Up:

- 8 by 8 or 10 by 10 tent with privacy walls

- Folding tables
- Pop-up stainless steel workbench (ideal, but optional)
- Handwashing station
- A clean enclosed container that holds drinkable water that has a spigot or valve that can be turned on and off. Reusable bottles of this kind can be purchased in glass or plastic for between \$30 and \$60.
- Soap (liquid or bar)
- A greywater (dirty; unpotable) container to catch the water used to wash hands
- Single-use paper towels
- A covered trash container

Climate Crisis Actions

Please Note! The following would be added to the medic supplies, either for individual medics or the medic HQ/primary tent, not used in place of the materials we have detailed so far. Medics should still pack all of their normal items and then add the supplies for a specific climate emergency they are preparing for.

Weather Radio/Light/Charger:

Regardless of which kind of climate emergency, we recommend a handcrank, rechargeable weather radio for monitoring storm location, evacuation orders, road closures, flooding, flood levels, etc.

Recommendation:

Our favorite is the NOAA CR1009.

<https://www.amazon.com/Emergency-Weather-Portable-Sources-Flashlight/dp/B07VPTZKFW>

Satellite phone or messengers:

If a medic is going to be providing assistance for climate change-related disasters in areas where the infrastructure has been deeply damaged and regular emergency support services (EMS, firefighters, etc.) are overburdened by the crisis, they should consider a satellite phone or messenger.

Satellite messengers are cheaper than satellite phones and still allow for messaging, sending an SOS, and sharing location. They can also be paired with a

phone for maps. Satellite phones are very expensive, so they may be out of reach of the average medic. But, if possible, they are good to have for weather-related emergencies.

Recommendation:

Garmin Inreach Mini 2 Satellite Messenger with SOS, location beacon, and phone pairing:

<https://www.rei.com/product/208257/garmin-inreach-mini-2>

BlueCosmo Inmarsat

<https://www.amazon.com/BlueCosmo-Inmarsat-Isat-Phone-Satellite-Included/dp/B01AKR983M>

Lack of Clean Water

Water Filtration:

Being able to refill water containers is essential, but medics shouldn't assume that water that looks clean is safe to drink. We will go over more methods of water filtration and purification in the course on long-term preparedness. Simple, easy-to-use filters are best if you are not experienced in water filtration methods.

Recommendation:

For now, we will note that we recommend Lifestraw straw filters or bottle purifiers. We do not recommend the collapsible plastic version, but rather their metal water bottle.

Each person should carry their own Lifestraw. They can sometimes be bought on sale in multipacks.

<https://lifestraw.com/products/lifestraw-navy-4-pack>

Water Purification:

We do not personally recommend water purification and disinfection devices such as the Steripen, because they rely on electricity and can break easily. Instead, we recommend water purification tablets. They are cheap, take up minimal space, and add very little weight to a pack. We recommend either silver ion or chlorine dioxide tablets, which are effective not only at eliminating the same things as iodine or chlorine-based tablets, but they also eliminate parasites such as giardia and cryptosporidium. The only disadvantage is that they take longer to purify than iodine or chlorine-based tablets would take. Iodine takes about 10 minutes, whereas silver ion and chlorine dioxide take between 30 minutes to 4 hours, depending on multiple factors.

We still recommend iodine as part of the first aid kit, so then it is also present if needed for water purification.

For Flood Relief

Inflatable Boat:

In case evacuation routes become impassable due to flood waters (a medic must never try to drive through flood waters!), we recommend an inflatable boat to remain mobile after waters have risen.

Recommendations:

The INTEX Inflatable Kayak comes with its own air pump and paddles, is made of super-strong PVC,

and has a cargo net for storing bug out bags. However, it only seats two.

<https://www.amazon.com/Intex-Challenger-1-Person-Inflatable-Aluminum/dp/B00177FIJ8>

The INTEX Excursion seats more people, but is also more expensive.

<https://www.amazon.com/Intex-Excursion-5-Person-Inflatable-Aluminum/dp/B00CMBJ1VE/?tag=marine1-20&th=1>

Air pump:

If a medic chooses to get a different inflatable boat than the ones we have recommended, they need to make sure it either comes with an air pump or you have a compatible one in the kit.

For Fire Relief

As wildfires are becoming more common, some medics are choosing to deploy to assist the overburdened EMS and firefighters with medical support. If they choose to do so, they will require additional personal protection equipment (PPE).

Smoke & Wildfire Respirator:

At a minimum, a particulate respirator such as an N95 is recommended.

https://www.epa.gov/sites/default/files/2018-11/documents/respiratory_protection-no-niosh-5081.pdf

Fire Blankets:

It is far preferable to put out a smoldering boot by smothering it than by using a fire extinguisher.

This is another reason to avoid synthetic fabrics in a medic's gear.

Small Fire Extinguisher:

Fire extinguishers come in 2 ½ pound, 3-pound, 5-pound, and 10-pound weights. Which size to carry will likely depend on whether the plan is to evacuate in a vehicle or on foot, and how much the rest of the pack weighs.

Eye Drops:

Not medicated eye drops, just rewetting drops to keep eyes functional and clear of smoke and ash.

Particulate Goggles:

We recommend the firefighter goggles that were mentioned already.

Fire-Resistant Gloves:

It may be that flaming material has to be shifted to evacuate an area safely.

Recommendations:

Magid® T-REX® Inferno Series® TRX824
Black Flame Resistant Impact Glove – Cut Level 2

<https://www.magidglove.com/magid-t-rex-inferno-series-trx824-black-flame-resistant-impact-glove-cut-level-2-trx824pp>

Fire-Dex Dex-Pro NFPA 1971 Structural Fire-fighting Gloves

https://www.firedex.com/catalog/dexpro/?attribute_size=2X%20-%20Cadet&attribute_cuff-style=Gauntlet

Quasi-legal Options:

- Cobra products PST154 four-way sillcock key.
- Iron oxide and foil
- Master key to handcuffs
- Shims
- Lock picks
- Compact bolt cutters
- Glass-breaking rod

What Kind of Bag?

We recommend mobile medics use a zippered backpack. It can be made of canvas, leather, or reinforced materials designed to be fire-resistant and tear-resistant.

Sling-style bags are good if a person cannot carry a backpack due to weight, back pain, preference, etc.

We prefer motorcycle or armored backpacks for more violent protests and riots.

It is best to carry a lightweight bag with just enough supplies than to be weighed down with too much or too heavy equipment.

Additionally, remember that any medic bag may be stolen, lost, taken by the cops, and never returned, or destroyed by the police or counterprotesters. Do not make any financial investment that cannot be made again and that you cannot afford to lose. Do not put anything in your bag that you would be devastated to lose.

Recommendations:

The motorcycle bags Akiima used to recommend, by Pando Moto, no longer exist. She's very disappointed and isn't sure what brand to recommend at this time (although the Klim Tek Pak has some interesting features and seems reasonably priced.)

Armored backpacks cost anywhere between \$200 and \$800. They are expensive and may not be the best choice for the average medic, though some blockers may prefer them.

<https://www.ar500armor.com/phoenix.html>

<https://bulletproofbodyguard.com/>

Bags Designed for EMTs:

Some medics like using EMT bags. We cannot make a specific recommendation, as none of our medics have used them.

Bags Designed to be Medic Bags:

Some medics prefer specially designed bags that are intended for use by combat or trauma medics.

Recommendations:

<https://www.bdstacticalgear.com/products/enhanced-combat-trauma-medic-bag>

<https://www.bdstacticalgear.com/products/combat-trauma-medical-bag>

<https://www.511tactical.com/rush-moab-10.html>

Tactical & Medic Pouches:

Tactical pouches for the chest, waist, or thighs are great for anything a person doesn't want to lose if they have to ditch their bag or their bag is stolen.

Recommendations:

5.11 Tactical carries a truly dizzying array of fanny packs, tactical sling pouches, chest packs, etc. Our favorite is the Rush Moab Sling Pack.

<https://www.511tactical.com/bags-packs/pouches-and-attachments.html>

<https://www.511tactical.com/rush-moab-3-sling-pack.html>

<https://www.bdstacticalgear.com/products/tactical-fanny-pack>

Tool Pouch or Belt:

Some protesters in specific roles (like medics) prefer to keep their tools in a belt on the front of their body. Akiima does not, personally, in a protest or riot situation where she is marching. However, if she is working at a base site or medic encampment outside of an active protest, she thinks tool belts are great. She prefers a nurse's tool belt. Although we do not like recommending Amazon, generally, they do have a broad range of affordable nurse tool bags available.

Recommendation:

<https://www.amazon.com/Nurse-Tool-Belt/s?k=Nurse+Tool+Belt>

<https://dovetailworkwear.com/collections/aprons/products/dovetail-tool-apron>

<https://www.carhartt.com/product/106668-BLK2XL>

Pouches, Sacks, Bins, Kits:

Some medics like to have all of their tools in dedicated pouches in a system like the ones designed by 5.11 Tactical and other tactical supply companies. Some prefer to keep them in organized camping sacks, especially dry sacks that are waterproof and tear-resistant. Some prefer to use roll-up travel kits.

Dedicated pouch systems, like those sold by 5.11 Tactical and Helikon-Tex:

Expensive, but very easy to keep organized.

Dry Sacks:

Color-coded, compartmentalized bags that are waterproof and tear-resistant. The red ones should be used for important equipment that needs to be found in a hurry, like heavy bleeding supplies. The compartmentalized bags should be labeled, or the person should be very familiar with what goes in what.

Sterilite Bins:

Clear, easy to keep labeled and organized, but some people we've worked with say they pop open too easily.

Roll-up Kits:

Easy to see everything, but tricky to find one that fits everything. Generally have to be used in combination with other systems.

