

Team Bag Ideas

Name	Dose	Route	Approx # to bring
GI Meds			
Cipro	500 mg	po	2 pills per team member
Phenergan	25 mg	po	2 pills per team member
Phenergan	25 mg	pr	1 per team member
Phenergan	25 mg	im	1 per 3 team members
Imodium	2 mg	po	2 per team member
Dulcolax	10 mg	supp	1 per 3 team members
Dulcolax	5 mg	po	1 per 3 team members
Antibiotic			
Cipro	500 mg	po	2 pills per team member
Rocephin	250 mg	im	1 per 6 team members
Analgesic			
Motrin	200 mg	po	10 per team member
Tylenol	500 mg	po	10 per team member
Tyl #3		po	2 per team member
Other			
Benedryl	25 mg	po	4 per team member
Lidocaine			1 multidose vial
NS for mixing med			2 multidose vials
Prednisone	5 mg	po	4 per team member
Epinephrine	1:1000	im	1 per 10 team members (for anaphylaxis)
Scalpels			for I&D
Oral rehydration salts			Depends on climate.
Wound care/IV rx			
Suture kit			1 or 2
Sutures			
Gloves			
4x4s			
Lidocaine			
Needles, syringes			
Betadine, Alcohol swabs			
IV fluid	1000 cc	iv	1 bag per 20 team members (D5/ 0.5NS)
IV set up/tubing			
IV catheters			
Urinary straight cath			1 or 2 female catheters

The suggested amounts to bring are of course approximate and should be adjusted according to the age and gender makeup of the team, the location, the activities planned (for example, is there a construction team alongside the medical team?), and the "normal" bottle amount.

The team bag should be kept separate from the medical supplies to be used with patients. The team bag should be kept with you as you travel around. Injuries and illness strike even when you are away from the worksite or the home base!

All medical personnel should be familiar with the contents of the bag but one person should be designated as the "team doctor."