

## **Medical Missionary Bag – Emergency Car Kit**

**Website:** [Healthy Christian Living - Living by the Blueprint](#)

**“...Meet any EMERGENCY which may arise...”** {5T 724.2} (9T 221.3)

**“...The ability...to deal with ACCIDENTS AND EMERGENCIES, to treat disease...these make all the difference between success and failure in his lifework.”** {Ed 221.1}

“Your question is, . . . **“IN URGENT CASES, should we call in a worldly physician,** because the sanitarium doctors are all so busy that they have no time to devote to outside practice?”...**If the physicians are so busy that they cannot treat the sick outside of the institution, would it not be wiser for all to educate themselves in the use of simple remedies, than to venture to use drugs...all should understand what to do...everyone should have an intelligent knowledge...”** {2SM 289.4}

**“...If from any cause disease does come, or accidents occur...know how to meet ordinary emergencies without calling upon a physician, and taking his poisonous drugs.”** {FE 426.3}

### **QUESTION: WHAT ARE THE CONTENTS OF A MEDICAL MISSIONARY KIT TO CARRY IN YOUR CAR?**

**Note:** It took 6-7 months for me to put my own kit together. It does require some financial investment! Part of the funding came from my own resources, and part came from some funds I had set aside for offerings, as this IS the Lord's work! This was offering money that was separate from tithe money.)

**THE SMALL MAKE-UP/COSMETIC BAG – I keep this on hand at all times when I'm local. In this I have:**

Eucalyptus Oil, Peppermint Oil, Tea Tree Oil, Charcoal Capsules, Cayenne Pepper Tincture, Mullein Tincture, Lobelia Tincture, Nettle capsules, Astragalus Capsules.

1. **THE BAG** – Can purchase at Walmart in the camping section; Coleman brand purple lunch bag; approximately 12"-13" high x 12" wide x 10" deep. (**Note:** Someone I know found an almost identical bag with an additional large zippered pocket on the front, insulated, for \$2 at my local Goodwill. I have seen other bags there that would work as well. If we pray and ask, God can and will provide all that we need to do His work!) You may also use a large tackle box as I had recently seen in an email someone sent me.
2. **FRONT POCKET**
  - Cayenne tincture 90,000 to 180,000 heat units
  - Wintergreen essential oil (Young Living)
  - Eucalyptus essential oil (Young Living)
  - Peppermint essential oil (Young Living)
  - Oil of Oregano essential oil (Young Living)
  - Clove essential oil (Young Living)
  - Cinnamon essential oil (Young Living)
  - Mullein tincture (Nature's Answer)
  - Lobelia tincture
3. **MAIN COMPARTMENT**

**Durable Equipment:**

  - \*CPR Mask (reusable)—I keep mine in front pocket for fast access!

- Blood Pressure cuff (manual) (Hopkins Medical Products...can get most supplies from here)
- Stethoscope (Hopkins Medical Supply)
- Pulse Oximetry meter (available from Walmart, Pharmacy stores, or Hopkins Medical Products)
- Penlight (used to check reactivity of pupils of eyes) (from Pharmacy or Hopkins Medical Products)
- Tweezers
- Medical scissors (Walmart/Pharmacy section or Hopkins Medical Products)
- Otoscope (instrument used to look into ears) (from Walmart in Pharmacy section or Hopkins Medical Products)
- Blood Glucose Meter (inexpensive at Walmart—\*please purchase and learn to use the small kit that calibrates the machine as this ensures accurate readings—instructions will be included in the kit)
- Liquids syringe for administering oral meds to babies and children
- Small Washcloths (available at Dollar Tree or 99 cent store)
- Digital Thermometer or any other type you can get your hands on
- Infant Nose & Mouth Suction Syringe (Hopkins Medical Products)
- “Sticker Picker”—can be a sharp needle, or we have a metal instrument with a very sharp triangular blade. Be sure to sanitize before and after use with alcohol wipes.
- Safety pins
- Sharp knife in sheath (maybe a traveling toothbrush container?!)—slicing beets, onions, potatoes, garlic, lemons, etc.

#### Consumable Supplies:

- Quart Ziploc bags (\*used to organize contents of medical bag, also carry extras to leave small supply kit with patient, also can be filled with ice cubes and used as quick ice pack)
- Tape (purchase several kinds, paper, cloth, plastic—\*please note that some people have allergic skin reactions to the adhesives of different tapes)
- Strips for Blood Glucose Meter (available at Walmart in Pharmacy section)
- Wrist braces (99 cent only Store, Dollar Tree, or Walmart)
- Knee braces (99 cent only Store, Dollar Tree, or Walmart)
- Elbow braces (99 cent only Store, Dollar Tree, or Walmart)
- Ace bandages in small, medium, large sizes (99 cent only Store, Dollar Tree, or Walmart)
- Kerlix rolls (99 cent only Store, Dollar Tree, or Walmart) (get different sizes)
- Gauze 4x4 dressings (Dollar Tree or Walmart)
- Hydrogen Peroxide bottle (\*contain in Ziploc bag in case of spills) or Dollar Tree,
- 16 oz. Water Bottle with salt...Put 1-2 T. table salt to make NORMAL SALINE
- Cold compresses (99 cent only Store, Dollar Tree, or Walmart)
- Hot compresses (99 cent only Store, Dollar Tree, or Walmart)
- Hand Sanitizer (Dollar Tree or 99 Cent Only Store)
- Gloves (Sam’s, Costco, or Walmart)
- PH/Urine Strips (Hopkins Medical Products)
- Small Dixie cups (Walmart or Grocery store)
- Plastic spoons for stirring (Dollar Tree or 99 Cent Only Store)
- Q-tips (Wal-Mart; 99 Cents Only Store; or Dollar Tree)
- Cotton balls or Cotton swabs (Wal-Mart; 99 Cents Only Store; or Dollar Tree)
- Alcohol wipes—for sanitizing equipment
- Eye irrigation solution—look in contact lens section of pharmacy

- Eye Glass (like a shot glass) (get in Pharmacy or Walmart in Pharmacy section)
- Small package of disposable baby wipes (99 cents only Store, or Dollar Tree)
- Tongue depressors (get at Michaels...like Large Popsicle sticks, or Hopkins Medical Products)
- Telfa or Non-stick pads for abrasions—these dressings won't stick to wounds that are oozing and don't hurt so badly when time to change the dressing. Can find at pharmacy or dollar stores or the 99 cent only Store
- Menstrual pads (non-scented)—these make excellent dressings for large bleeding wounds that may even need pressure to help stop bleeding, and are inexpensive. (99 Cents Only or Dollar Tree)

#### Medicinal:

- **Astragalus** capsules (good for allergies) (vegetarian caps, get from Vitacost)
- **Nettle capsules** (good for allergies) (vegetarian caps, get from Vitacost)
- **Band-Aids**—large, small, butterfly shaped (99 cent only Store/Dollar Tree/Walmart)
- **Garlic**
- **Wheat Germ oil** (Vitacost.com)
- **Honey** (Trader Joes)
- **Little baggie of comfrey leaves** (to make Nature's stitches)
- **Little baggie of comfrey powder** (to make a paste with goldenseal and charcoal for loose teeth)
- **Little baggie of equal parts of charcoal powder + goldenseal mixed** (for gum infections)
- **Grapefruit seed extract** (Vitacost.com)
- **Echinacea** (Nature's Way from Vitacost.com) (be sure to get veggie caps)
- **Colloidal Silver** (ASAP is said to be the best brand...campingsurvival.com ...get 10 or 22 ppm)
- **Activated Charcoal**
- **Olive Oil** (16 oz. cold pressed)
- **Castor Oil** (Vitacost.com...Palma Christi....32 oz. bottle)
- **Castor Oil Flannel** (from Vitacost.com) (for Castor Oil Packs)
- **Lemons**
- **Beets** (can be used to treat high blood pressure)
- **Pine sap/pitch**—excellent for wounds—do research on how to use...get from NATR health
- **Healing Salve** from Our Father's Healing Herbs or Puremedy  
"a soothing salve used as an aid for cuts, burns, sunburns, diaper rash, cold sores, and more"
- **Onion**—great for poulticing for a variety of ailments
- **Clarified charcoal water** in eye dropper bottle -- (mix 1 t. activated charcoal in 1 pint of distilled water and allow to settle for 24 hours. Gently siphon off the water at the top of jar without disturbing the solid particles which have settled to the bottom.) A couple drops every hour to eyes infected with "pink eye" brings great relief and combined with warm moist packs to the eyes for 2-3 days may even eliminate the infection.
- **Psyllium husk** (psyllium husk is the husk of the seeds of the plantain plant—also known as unflavored Metamucil, can be found in pharmacy) (mix 1 part psyllium husk to 2 parts activated charcoal in Ziploc bag, close and mix powders well, add water to thick paste consistency, pat out to ¼" thickness, may cut to size, makes excellent charcoal poultice that can be placed directly on skin. Can be kept in Ziploc and frozen for later use.)
- **Plastic Saran Warp** (cut in half so it's easy warp around arms and legs)

#### 4. REFERENCE BOOK(S) TO CARRY

- **A small notebook** – to write down questions, phone numbers, information, etc.

- \***Burn Aid** by John W. Keim (see above)
- \*Quick reference **CPR Card/First Aid Plastic Laminated 8 x 10 info card**
- \*Small First-Aid Reference book, (optional)

**FROM THE PROPHET OF THE LORD:**

“The Lord gave me great light on health reform. In connection with my husband, I was to be a medical missionary worker...I engaged heartily in this work, and spoke to large assemblies on temperance in its broadest and truest sense.” {1SM 33.2}

[Vitacost.com](http://Vitacost.com)

[Luckyvitamin.com](http://Luckyvitamin.com)

[lherb.com](http://lherb.com)

**Give people’s paste pain salve with wintergreen oil.**