



*Surgically Correcting Facial Deformities
of the World's Youngest and Poorest*

FACE THE CHALLENGE, INC.
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FTC Team Personal First Aid Kit

Face the Challenge is a humanitarian non-profit organization and does not sell any merchandise whatsoever. Nor do we provide any referral services for surgical supplies vendors. The supplies shown below are simply a reference list for surgical trip planning purposes.

Side Pocket #1 – Airways

2 Face Masks, 2 CPR Masks with 3M filter, 1 ea. Laryngomask Airway, size 3 and size 4, 1 Epi-Pen

Side Pocket #2 - Cold Therapy and Antibiotics

Effervescent Vitamin C tabs x10 , Zinc Cold Therapy 25 quick dissolve tabs

1 Bag with: Ciprofloxacin 500 mg tabs x 50, Cephalexin 500 mg caps, Sulfa/Trimethoprim DS x 10

Side Pocket #3 – Wound Care

1 Bag: 2 each #15 and #15C scalpels, 1 needle holder, 1 pr. scissors

1” Band-Aids, 1 Bag Band-Aid Blister Block, Moleskin Plus, Finger Cots

2x2 Gauze Sponges, Butterfly Closures x10, Alcohol Prep Pads, Neosporin Spray

1 Bag: Steri-Strips, Skin Stapler, Tourniquet, Gloves

1 Bag: Q-Tips, Tongue Depressors, Sterile Applicators

1 Bag: Povidone-Iodine Swab Sticks, Petrolatum Gauze

Side Pocket #4

Ace Elastic Wrap Bandages, 1 ea., 2” and 3” widths

Main Compartment on Top

1 Gallon Bag – **Cold, Allergy, and Nasal Care:**

Asthma Care Oral Spray, Afrin Nasal Spray, Saline Nasal Spray, Nasacort Allergy Spray, Maximum Strength Mucus Relief (Cold, Flu, Sore Throat), Cold and Flu Acetaminophen Combo Pack (Day and Night), Allergy Med (Diphenhydramine HCl 25 mg), Ricola Lemon Herb Throat Drops

1 Sandwich Bag: Facial Tissues

1 Quart Bag – **Pain Relief:**

Ibuprofen, Naproxen, Acetaminophen, Extra Strength Headache Relief, Low Dose Aspirin

1 Quart Bag – **Skin Care:**

Insect Repellent with DEET, Herpicin HL 30 Lip Balm, 1 tube Benadryl (Diphenhydramine HCl), 1 tube Clotrimazole Anti-Fungal Cream 1%, 1 tube Atfer Bite, 1 stick Sunscreen, 1 razor

1 Bag – **Ear and Eye Care:**

1 btl. Irritated Eye Drops, 1 tube Stymie Lubricant Eye Ointment, 1 btl. Lubricant Eye Drops, 0.5 fl. oz., 1 btl. Ear Relief

1 Sandwich Bag - **Sleep Aids:** Pillow Mint 4 mg Melatonin, Ear Plugs

Large Compartment on Bottom

2 sets - plastic utensils (knife, fork , spoon, napkins)

1 Gallon Bag – **Toilet Tissue Rolls, Facial Tissue**

1 Gallon Bag – **Gastro-Intestinal Medications:**

Aromatic Inhaler for Motion Sickness, Wintergreen Antacid tabs, 1 btl.

Soothe (bismuth subsalicylate 262 mg) Upset Stomach Reliever and Anti-diarrheal x 30 tabs,

Extra Strength Gas Relief (simethicone 125 mg) x 18 chewable tabs,

Anti-Diarrheals: Loperamide HCl Oral Susp, 4 fl. oz., Loperamide HCl 2 mg

Ceralyte 70 rice-based oral rehydration powder pkts.,
Laxatives: 2 tubes Fiber Choice chewable tabs, ea. x10, Gentle Supps (bisacodyl 10 mg), x8
24 softgels, Dulcolax Pink (bisacodyl 5 mg) Laxative Tabs, x25,

Outer, Smaller Pocket on Bottom

1 pkg - Wet Ones Sensitive Skin Hands and Face Wipes, Extra Gentle, 15 wipes

1 bag - Therma-Care Pkts.

1 can - Pronto Plus Bedbugs and Dust Mites Spray, 3 oz.,

1 spray btl. Lice Shield + Nit Comb

GHR, 8/14