

PLIMS kit list spreadsheet

Car equipment, PPE, and safety

Romper suit with photo ID OR jacket / overalls
Helmet
Helmet or head torch
Boots
Extrication gloves
Ear plugs
Eye protection (additional to helmet visor)
Some sort of belt to use with suit
Emergency whistle
Safety Light
Optional: Spare torch
Waterproof notebook
Fisher space pen
Chinagraph pencil
Hand cleaning solution
Tuffcut scissors
Rescue knife / seatbelt cutter
Multitool
Night sticks to identify casualties
Mobile phone (with Major Incident bypass) and list of useful phone numbers
Watch +/- compass

Green beacon / blue lights
Fire extinguisher in car
Hazard triangle
Window punch
Pruning saw
Plymouth, Devon and Cornwall maps
Proper torch for car
Doctor sign for sunvisor
TomTom / Sat Nav
Digital Camera
Wooly hat
Nice thick socks
Water
Spare batteries for car torch
Spare batteries for head and emergency torches

Latex free gloves
Sharps bin
Clinical waste bag X3

Patient assessment

Stethoscope
Sphygmomanometer
Pulse oximeter
Pentorch
BM meter
BM strips
Spare pulse oximeter batteries (4 AA)

Defibrillator and case

Defibrillator and spare battery
Adult pads
Paediatric pads
Monitoring leads
Monitoring dots
Razor

First aid and other accessories

Cool gel spray
Cling film
Malleable sam splint
Sling and safety pin
Saline to clean wounds (eg Normasol sachets X 3)
Assorted plasters
5 X Steristrips 3 mm X 75 mm
5 X Steristrips 6 mm X 75 mm
2 X Dressing pads 20 X 20 cm
Prometheus Olaes Emergency Bandage 4
Prometheus Emergency Trauma Dressing abdominal / amputation
Eye pad dressing and bandage no 16
2 X Large first aid dressing no 9
2 X Medium first aid dressing no 8
2 X Conforming bandage 10cm
3 X Gauze squares 10 X 10 cm
2 X Non adherent dressings 7.5 X 15cm or similar (eg Telfa)
2 X Adhesive wound dressing 8 X 12 cm or similar (eg Primapore)
Cervical collar (adult, adjustable)
Cervical collar (paed, adjustable)
SAM pelvic splint
SOFIT or CAT tourniquet
Foley catheter X2
Spencer wells 8" X2
Mosquitos X3
Scalpel 11
Scalpel 10
Scalpels 15
Gigli saw
Disposable scissors
Durapore 2.5 surgical tape roll
Dressing pack

Airway

Sucker

Spare suction catheters

Oropharyngeal airways: Sizes 000, 00, 0, 1, 2, 3, 4 (1 of each) and spatula

Nasopharyngeal airways: Sizes 5, 2X6, 7 (with safety pin for the size 5)

Laryngoscope blades Mac 1,2,3,4

Laryngoscope blades Miller 0, 4 (alternative: size 0 Mac also and omit long straight blade)

Laryngoscope handle (ideally just one)

Endotracheal tubes: Sizes 2.5 – 8 (1 of each size)

McGills forceps (adult)

McGills forceps (paeds)

Easy cap II adult

Easicap child

20ml syringe

Tube tie

KY gel

Catheter mount

Bougie 15Ch

Intubation stylets (small, medium, large)

Spare batteries (2 each AA and C) and bulb for laryngoscopes

Single use LMA sizes 1, 1.5, 2, 2.5, 3, 4, 5

Airtraq (1 X regular, 1 X small)

Breathing

Oxygen

Adult oxygen mask X2

Paeds oxygen mask X1

Adult pocket mask

Paeds pocket mask

Adult nebuliser mask

Paeds nebuliser mask

Adult bag-valve-mask

Child bag-valve-mask

Face masks (neonate, infant, toddler, small adult, medium adult, large adult)

Chest drain kit (portex kit, sterile gloves)

Asherman seal X2

Circulation

Cannulae: Sizes 12, 14, 16, 18, 20, 22 (2 of each)
Adult giving sets (2)
Saline or Hartmann's (2x500ml)
Tourniquet (for venesection)
Alcowipes, securing stuff for venflons (2), small gauze squares (2 packs)
10 ml syringes (4)
5ml syringes (4)
WFI 10 ml (4)
Saline flushes (4)
EZ-IO with paed, adult and long needle
50ml syringe* with 3 way tap* and connector (for intraosseous infusion)
Dressings (small conforming bandage) to wrap around venflons, spatulas (2)

Drug bag

3 X Adrenaline 1 mg minijet
Amiodarone 300 mg minijet
Atropine 1 or 3 mg minijet
2 X Metaraminol 10mg /ml, 1 ml vial
2 X Ketamine 10mg/ml , 20 ml vial
2 X Midazolam 2 mg/ml, 5 ml vial
3 X Morphine 10 mg/ml, 1 ml vial
Flumazenil 100 micrograms/ml, 5 ml vial
Naloxone 1 mg/ml, 2ml prefilled syringe
Cefotaxime 2g vial
Benzylpenicillin 2 vial GP pack
Optional: Chloramphenicol 1g vial
Chlorphenamine 10 mg/ml, 1 ml vial
Hydrocortisone 100 mg vial
Prednisolone 5 mg tablets X 28
Ondansetron 2 mg/ml , 2ml vial
Furosemide 10 mg/ml, 5 ml vial
GTN spray
Aspirin 300 mg dispersible tablets X 10
Salbutamol 5 mg nebules X 5
Atrovent 500 mcg nebules X 3
Salbutamol inhaler
Rectal diazepam 10 mg tube
GlucoGel 25g tube
Glucagon 1mg vial
Optional: 10% dextrose solution
2% lignocaine, 4 X 5 ml vial
Drug labels

Major incident kit

Log
Pen
Skin marker
Indelible pen
Triage cards