

## Medical, personal equipment supply list for 10 days at Stand Rock Indian Reservation

By Ann Marie Farina

I spent 10 days on the Standing Rock Indian Reservation, North Dakota, in late December 2016 caring for the people drawing attention to the construction of the the Dakota Access Pipeline The challenges of providing medical assistance in a remote location with severe weather conditions were well-suited to my life experiences and skills as a paramedic. I prepared this supply list based on work experience in Alaska, advice of other medical personnel at the camps and input from winter camping and expedition medicine experts. Read about my experience on EMS1.com.

### Car

- LED road flares
- Tire chains
- Jumper cables
- AC battery charger
- 1 quart oil
- 5 gallon gas can
- 12V inverter
- Bungee cords

### Clothing

- 1 merino wool baselayer pants
- 1 synthetic thermal baselayer pants
- 2 synthetic mid-layer pants
- 2 skirts (in order to be able to properly adhere to some of the spiritual rules of the camp)
- 1 merino wool baselayer shirt
- 2 synthetic baselayer shirts
- 2 merino wool  $\frac{3}{4}$  zip pullovers
- Random T-shirts
- 1 sweatshirt
- Liner socks (wool)
- Heavy-weight socks (more wool)
  
- Insulated snow pants
- Carhartt's Arctic Extreme overalls
- 2 piece jacket, down liner with an outer shell.
  
- Silk balaclava
- Mid-weight synthetic balaclava
- Heavy-weight synthetic balaclava
- 2 hats
  
- Lightweight glove liners
- Mid-weight gloves

- Heavy-weight gloves
- Insulated hiking boots
- Cold weather winter boots

### **Food/Cooking**

- 4 one liter water bottles
- 1 five-gallon water jug
- Granola bars
- Oatmeal
- Soup
- Chili
- Mixed nuts
- Almond slices (for the oatmeal)
- Beef jerky
- Several freeze dried camping meals
- A couple easy cook rice packets
- About 10 lbs. of various types of candy (to share! It was Christmas after all)
- 1 lb coffee
- 1 canister hot chocolate
- Box of assorted teas
- Creamer and sugar
- Water flavoring drops
  
- Quick-boil isobutane stove
- Canister topper isobutane stove
- 3 isobutane canisters
- 2 mess kits, with bowls, mugs, plates, etc
- Insulated spill proof coffee mug
- Coffee brewer
- Sporks

### **Living**

- 4 season Everest-rated mountain climbing tent
- 2 canvas tarps
- Insulated ground cover
- 2 closed cell foam sleeping pads (R value of 5 together)
- 1 self-inflating camping pad (R value of 3)
- 1 0 F sleeping bag
- 1 20 F sleeping bag
- 1 32 F sleeping bag
- 1 silk sleeping bag liner
- 1 mid-weight fleece sleeping bag liner
- 1 heavy-weight fleece sleeping bag liner
- Indoor safe propane heater

- 2 one lbs. propane tanks
- 2 20 1lbs. propane tanks (in all around 240 hours of continuous heat on low)
- Propane hose and adapter
- Battery powered digital carbon monoxide detector
- Fire extinguisher
  
- A small broom and dustpan (to clean snow out of the tent)
- Garbage bags
- Paper towels
- 1 Big lantern
- 2 small lanterns
- 1 pocket flashlight
- Headlamp
- AA batteries
- AAA batteries
  
- A long skein of paracord
- Surveyors tape (these items can be used to get around during a white out)
- Multi-tool
- Duct tape
- Lighters
- Needle and heavy duty thread
- Tent pole repair sleeve
- Gear patch and repair kit
- Snowshoes
- Camping chair
- Reflective safety vest
- Impact resistant face mask (I don't like goggles)

### **Medical**

- Nitrile gloves
- Stethoscope
- A variety of over-the-counter medications
- Several bags of cough drops
- Multiple different types of lotion
- Enough lip balm to last through the apocalypse
- Plain petroleum jelly (put it on exposed skin before going outside and it helps prevent wind burn)
- Sunscreen (sun + reflective snow = sunburn)
- Wet wipes
- Sanitizer wipes
- Hand sanitizer