Supplied by the contestant:

a. Pencils and pen

b. Current BLS card

c. Wristwatch capable of timing in seconds

d. One medical kit, per team, containing:

1. Personal Protective Equipment to include 1 box of disposable medical exam gloves, 2 pair of eye protection, 4 surgical masks, and pocket mask or other appropriate barrier device

2. 25 - 4X4 bandages

3. 3 rolls - Self-adhering roller bandages

4. 2 - Triangular bandages

5. Medical tape

6. 2 - Occlusive dressing

7. 4 - Abdominal dressings

8. 1 - Trauma dressings

9. Trauma shears or medical scissors

10. Pen light

11. Stethoscope (one per team)

12. Blood pressure cuff (one per team)

13. Oral and nasal airways - Complete set of each

14. Adult bag valve mask

15. EMS or tactical emergency tourniquet

16. O2 delivery device (NRB, NC, BVM)

17. mini sharps container

18. Glucometer