



Exertional Heat Stroke Emergency Kit

Recommended equipment by the KSI for the management of EHS

Product	Price	Lifespan	Practicality	Example Link for Purchasing (KSI does not endorse a specific company for purchasing!)
DataTherm® II Continuous temperature monitor	Monitor ~\$275 Thermistor \$12	Monitor is reusable, but probes are disposable for one time use.	These new probes are 78” long, excellent for cold water immersion. A good device whenever portability is a concern. Requires AAA batteries. **Make sure you ask for the longer 78” probes	https://www.medco-school.com/Supply/Product.asp?Leaf_Id=265098
Welch Allyn Sure Temp Plus (Listed as an oral temperature device, but may be used rectally)	~\$325	Reusable- requires purchase of probe covers	This product may not be used for continuous tracking, therefore must be re-inserted for temperature monitoring. Requires AA batteries.	http://www.medexsupply.com/products/pid-758/WelchAllynSureTempPlus690Elect.htm?zmm=34602484&zmas=1&zmac=2&zmap=WA-01690-200
Rubbermaid Tub	100 gallon ~ \$90 150 gallon ~\$160 300 gallon ~\$280	Reusable- will require cleaning	These tubs will be used for continuous cooling of a patient. The tub should be large enough to fit any active patient. *We recommend a 150-gallon tub to fit most patients.	https://www.tractorsupply.com/tsc/catalog/stock-tanks?cm_mmc=SEM- -Google- -Agriculture- -StockTanksTaxExtAd&gclid=CjwKCAjwpuXpBRAAEiwAyRRPgfMqWLCUOch7RGg_pggNVfjEnVkywvQiAy4ca4MbGK73CYC-KgpKRoCUrcQAvD_BwE
Towels	27”x54” ~\$75/dozen	Reusable- will require washing between athletes	These towels can be used to hold athletes erect while in the cold tub (under the arms and harnessed behind them for support) and one for their head. If no tub is available, they can be used for a different cooling technique where the patient is fully covered in (7) ice towels (legs, torso, arms, head).	http://www.towelhub.com/
Mesh Stretcher (poleless litter)	\$90	Reusable	By placing a patient on this mesh stretcher, clinicians are able to easily lift the patient into the tub for cooling. The stretcher can remain in the tub with the patient	https://www.amazon.com/dp/B00NWUG51S/ref=cm_sw_em_r_mt_dp_U_0GCoDbZJKM6KQ



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Large Whisk	36" ~\$16	Reusable- will require washing	This product is considered a luxury for continuous aggressive stirring of the cold tub. (This product is not a requirement)	https://www.webstaurantstore.com/40-stainless-steel-piano-whisk/27140681.html?utm_source=Google&utm_medium=cpc&utm_campaign=GoogleShopping&gclid=CjwKCAjwpuXpBRAAEiwAyRRPgRpEo-qLRKNKSYhYdl-8zWbM70BBjXuPidHCTx0hrjI5EycyReyMdRoCU9IQAvD_BwE
Coolers	3 gallon ~\$25 5 gallon ~\$25 7 gallon ~\$45 10 gallon ~\$55	Reusable- will require washing	Use this product to store ice next to your cold tub to put in the tub if a patient needs to be cooled.	http://www.rubbermaid.com/Category/Pages/Catagory.aspx?CatName=Coolers

***NOTE:** Water, ice, and an AED should always be available to the sports medicine staff and athletes.

Water: The immersion tub should be easily accessible from all venues and positioned near the water source. If this is not feasible, there should be a quick mode of transportation (e.g. golf cart) to take an EHS patient to the water source/tub.

Ice: There should be an easily accessible and unlimited supply of ice available. There should be enough ice available not only for the CWI tub, but also for water coolers, injuries, and ice towels. In addition, there should be enough ice to last the entire day (e.g. two-a-days) and the machine should be capable of completely refilling for the next day's events.

Automatic External Defibrillator (AED): An AED should always be available and readily accessible at the site of each athletic event. An AED should also be provided for travel along with a certified athletic trainer for all away and off-site events.