

Hi, Health Science Virtual Bootcamp attendee!

I'm so excited to get to know you soon. We're going to have a ton of fun! To prepare for the bootcamp, here's a list of the supplies you'll need to make the most of this awesome experience! Below each listed item, you'll also find a suggestion for something else you can use in case you aren't able to acquire that supply.

**1 gauze roll (width could be anything between 2" and 5"; any length is fine) for bleeding control**

- A roll of scotch tape could be used as an alternative

**1 gauze pad/dressing (any size is fine) for bleeding control**

- An old (clean) sock or paper towel could be used as an alternative

**1 triangular bandage for makeshift tourniquet**

- A shoelace or large handkerchief could be used as an alternative

**1 pencil or pen for makeshift tourniquet**

- Any sturdy stick about the length of a pencil or pen could be used as an alternative

**1 CPR face shield**

- A piece of Saran Plastic Wrap (cut to be about 5" W x 5" H) could be used as an alternative

**1 pillow for CPR**

- A big teddy bear could be used as an alternative

**1 pair of nitrile/non-latex gloves**

- Any type of basic cotton gloves that you might already have at home could be used as an alternative

**Hand sanitizer for hand hygiene**

- Soap and water or even just water could be used as an alternative

**1 face mask for infection prevention**

- Could be a reusable mask or single-use disposable mask you already have because of the pandemic

See you at this year's Health Science Virtual Bootcamp!

Sincerely,

*Mr. Gabriel Solorio*

Health Science Bootcamp Instructor

Rio Hondo College

