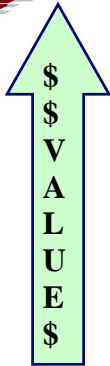


1984-2009
A QUARTER CENTURY!

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The Hierarchy of Lumber Products for the “Do it Yourself” Landowner.
(The Pecking Order of Forest Products)



1. Veneer, Select, and Sawlogs - any species.
2. Boltwood - limited due to NAFTA.
3. Pallet logs - used to make pallets.
4. Firewood - Best hardwood pulpwood.
5. spruce-fir pulpwood for Madison Paper.
6. Popple (aspens) pulpwood for Verso and New Page.
7. Hardwood pulpwood - worst hardwood pulpwood.
8. Hemlock pulpwood.
9. Biomass chip wood - any species, dead wood and blow downs.
10. Pine or mixed softwood pulp.

Below are general specifications for the above forest products. Always get mill specific “spec” sheets from the mills you will be selling to.

PRODUCT & SPECIES	Min. sm. end diam.(inches)	Lengths (feet)	Comments
1. Veneer & select. All species	12 +	8,10,12 + trim Pine 14,16 also	3 or 4 clear sides, no defects, straight, no rot, seams, knots, etc.
2. Sawlogs All species	Hw & hemlock- 10+, pine 8+, spr-fir 6+.	8,10, 12,14, 16, Longer for hemlock + trim	Buck for best grade, shorter is better with hardwoods, deductions for defects (see veneer above). Pallet is lowest grade sawlogs.
3. Boltwood All hw species	6 +	8 ft.+ trim (4 in)	Few knots, <1/3 heart, limited markets due to NAFTA
4. Firewood All hw except (comments)	2+	Random	For your use or sale, Keep trees with highest BTU value, sound, solid, easily split. Cash income
5. Spruce & fir mixed pulpwd.	4+	12-24 in 4 ft. increments	Straight, little rot, good fiber.
6. Popple pulpwd.	5+	8 or 12-24 in 4 ft. increments	Straight, little rot, good fiber
7. mixed hardwood pulpwd.	4+	8 or 12-24 in 4 ft. increments	Worst hardwood, popple tops, non-firewood species, some rot and dead wood
8. Hemlock pulpwd.	4+	8 or 12-24 in 4 ft. increments	Can add larch too.

SAW LOGS
BOLTWOOD
VENEER
PULPWOOD
CHIPS



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Forest Products in the Farmington Area – 2009

Background. We are fortunate in our area to have commercial markets for nearly every forest product, which is found on our woodlots. Additionally, there are many “niche” markets for everything from mushrooms to fir tips, alder canes to basket ash, ginseng to maple syrup. There’s always the old stand by; firewood. Below are the specifications for most commercial forest products on our woodlots.

Forest Measurements. **Sawlogs and veneer** are scaled in **board feet** (1”x12”x12”, there being 12 bd. ft. to a cubic foot), usually as a decimal of 1000 bd. ft., called **mbf**. International, Bangor, and Maine rules are most often used, the Maine and Bangor being the same. There are roughly 2 cords /mbf. A 2”x4”x8’ stud contains 5.33 bd. ft. There is about 5,000 bd. ft. (5 mbf) on a tri-axle wheeler truck, which also hauls about 10 cords. Each log needs 4-6” of trim for square milled lumber. **Boltwood** is stick (measured) scaled by the **cord**. Cord = 128 cu.ft. of wood bark and air, like the air in the potato chip bag. The formula is **L(ft.)xW(ft.)xH(ft.) ÷128**. **Firewood** is sold by the cord, too. Often the dealers are not licensed scalers, so beware. **Pulpwood** is sold by the ton or 1000 lbs. Do not try to convert from cords (volume) to tons (weight). This is scientifically and legally wrong. **Chips** are sold by the ton.

Forest Economics. Mill price is the price paid for products at the mills or by the purchaser. Roadside is the mill price less trucking costs. Trucking costs vary with distance. **Stumpage is an agreed upon rate paid a landowner for the opportunity to harvest standing trees**, usually by a Logger. Stumpage on sawlogs, boltwood, and veneer is usually in the vicinity of ½ the roadside price. Each job and contract is different, and stumpage will vary. Pulpwood stumpage is usually 1/5 to 1/3 the roadside price. New mill specifications allow nearly all softwood logs to a 5-6 inch small end. 40% of a tree’s scale is in the butt log, use it wisely. It is important to put each part of every tree in the most valuable pile. Veneer, sawlogs, and boltwood being the most valuable, then pulpwood and firewood, then lastly, chips. The term for this is utilization.

Veneer. These hardwood trees are the most valuable, specs vary with mills, lengths and trim vary. Always straight, no defects, and larger diameters (12”+). Top grades of oak, rock maple, yellow birch, and white birch, are worth **50 times pulpwood**. Used as a facing for premium furniture and construction.

Sawlogs. In Maine, any tree with sawlog specifications is valuable. All species have sawlog markets. Graded by quality, which is determined by size and number of knots, straightness, rot, cracks, etc. Common lengths are 8’, 10’, 12’, 14’, and 16’. There are special markets for different lengths. Usually 5”+ scaling end diameter for softwoods and 9”+ for hardwoods. Exact measurement of lengths is critical to avoid giving away valuable product or wasting product. Beware of a logger using a “four foot stick”. Know the mill specifications. Lowest grade logs are for pallets, and sometimes do not make economic sense. **5-25 times pulpwood price**.

Boltwood. This local market is fast becoming extinct, thanks to NAFTA. Boltwood is made into round turnings or “widgets”. Most of your hardwoods have a boltwood market, but check first. Usually in 50” or 100” lengths, 6”+ scaling end diameter. Think of these as mini logs. Same specs; straight, few knots, little rot, splits, seems, less than 1/3 heart, etc. **4-6 times pulpwood price**, and uses more of the tree for high value.

Pulpwood. Used to make paper. Usually in 8 foot lengths or tree length. Down to 3’ top diameter. Mills ask for live fiber. Leave rot and deadwood in the woods for fertilizer. Brings **\$4-12/ton**, depending on species. Popple (aspen) and spruce fir pulpwood are the most valuable.

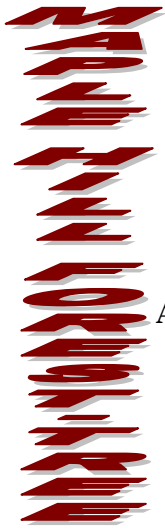
Biomass Chips. Used for burning to generate heat, then electricity or drying. Everything but the stump can go. Leaves the woods clean and neat. Requires large landing area. Concern with nutrient depletion if done more than one harvest. This should be the last pile for any tree part, since it brings only **\$3-6/ton**.

Specialty Products. There is a premium paid for rare species (in Maine) of sawlogs such as butternut, cherry, and large hop hornbeam. **Character woods** such as birds eye maple, curly maple, and “tiger eye” yellow birch command exorbitant prices. Birds eye is as common as winning the lottery. There is a specialty market for wide pine boards. Burls of any species and oversize, crooked butts of hardwoods have extra value. It pays to ask around and it pays to sort at the landing.

9. biomass chip wood	0+ (rat tails)	random	Pull out all higher value products first, anything alive or dead, large yard area required.
10. Pine/mixed softwd pulpwd	4+	8 or 12-24 in 4 ft. increments	Worst spruce-fir, pine, any other softwood, paid pine price.

General Directions:

- ✍ Line up a trucker before you cut. He/She will have specs and markets, and also what they haul best on their truck.
- ✍ Contact the receiving mill to ensure they are still buying and specs have not changed.
- ✍ Trim is usually 4-6 inches, but can vary with product and mill.
- ✍ Trees can set from November to April without losing grade, weight, and value.
- ✍ During summer months move products within 2 weeks to avoid spoilage, shrinkage, and loss of value.
- ✍ Some consolidation yards, like Bessey's in New Sharon, will buy several logs on a trailer, or whatever, and pay on delivery. They also buy mixed loads of many or all species.
- ✍ There are many different sized trucks. They haul from 5-15 cords and 2 to 8 mbf (mbf = 1000 board feet). Match the truck to your access and your production (i.e. your job).
- ✍ There are many local specialty markets to include:
 - Burls of any species
 - Hop hornbeam boltwood for handles and rollers
 - Cherry, butternut, walnut, etc. for custom furniture.
 - Clear white pine over 24 in. dbh for flooring.
 - Basswood for carvers.
 - Birds eye, spaulted, and curly maple.
- ✍ Some veneer and specialty buyers will come to your jobsite to inspect and buy.



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OF GROWTH!

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**NON-TIMBER FOREST PRODUCTS
FOR FUN, USE, AND MONEY**

The most important thing is that you, the Family Woodlot Owner has to “think out of the box”. Any “yard saler” will tell you “one person’s trash is another’s treasure”. So it is with Non-timber Forest Products (NTFP).

Non-timber forest products allow cash income from sales, bartering, and savings through personal use, during those sometimes long periods between commercial timber harvests.

A few well established, non-timber products include: maple syrup, Christmas trees and wreaths, cedar post and rails, personal use lumber, firewood, hunting, recreation, to name the most common. Maine rocks, especially if lichen and moss covered, fetch a premium with upscale landscaping. Some gardeners call these a renewable resource!

There are many specialty forest products. These come in five categories: 1. medicinals and botanicals, 2. food products, 3. woody decorative florals, 4. handicraft products and specialty woods, and 5. human services.

Medicinals and Botanicals. These include plant derivatives for food supplements, health care, and medicines. Any part of the plant can be used. Some examples are: catnip, ginseng, sassafras, ginko, edible nuts, and pollen from many species. Many of these are “old home cures” or today’s modern **homeopathic remedies**. It is probably wise not to discuss the natural highs obtained from our woodlots.

Food Products. This large group includes the above mentioned maple syrup products to include candies, sugar, syrup and wine. Many edible mushrooms are found in the forest. The gamut of wild berries to include rasp, goose, black, and blue. Nuts such as beech nuts. Many roots and parts of the forest plants are edible such as Indian cucumbers, cat tails, fiddleheads, etc. If it **has edible calories and a good taste, it can be sold**. Maine has strict laws regarding sale of wild game, but otherwise, wild game is a tasty food for your family.

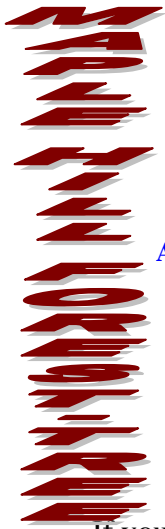
Woody Decorative Florals. These are unusually shaped and unique displays of buds, twigs, flowers, leaves, needles, fruits, bark, or any tree and plant part which captures the eye of the beholder. Some are live or green, while others are dried. Never take for granted the **beauty of our Maine forest plants, especially to someone from Iowa**.

Handicrafts and Specialty Woods. These are products and objects made from what might be commercially un-valuable forest products, trees, or parts of trees. Objects like brown ash baskets, bent alder furniture, hornbeam walking sticks and handles, and so on. Burls of nearly any species are bought and sold in the Farmington area. Lumber that is unique through disfigurement or genetics brings a high price. People want a particular piece of furniture or object that is the only one like it in the world. Examples such as rotted hardwood called “spaulted”, defects called “birds eye” and “curly” in maple, fungal stained lumber rejected by the mills becomes “character” wood. Use your imagination. **If it looks “cool” to you, convince someone else.**

Human Services. These are experiential services that other people value from your woodlot. Landowners get great rewards from the peace, beauty, solitude, and fresh air of their woodlots. So do others. If you enjoy walking or hunting your woodlot, so will others. Paid hunting is moving up the East Coast. Interpretive trails are becoming popular in the harried suburbs. Camp grounds, horse, skiing, or ATV riding trails, and picnic areas can be part-time commercial ventures. Be sure to check on your liability before collecting fees for your woodlot use.

With NTFP, **“think out of the box”**. **One Person’s trash is another’s treasure.** There are unlimited opportunities for fun and profit on your woodlot. Your Cooperative Extension, Farmington’s Sugarwood Gallery, and our many gift shops are sources of ideas and information.

Enjoy Hunting and Gathering, as our ancestors did!



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FIREWOOD FACTS

SOLAR POWERED WARMTH FROM YOUR WOODLOT!

If you own even a small backyard woodlot, you can become partially energy self-sufficient, cut energy costs, reduce your families' carbon footprint, improve your woodlot's health, and improve your health with the physical activity of harvesting, processing, and handling firewood. Remember that the **forest ecosystem is solar powered**. Trees use the sun's energy in the photosynthetic process to make sugars, or "tree food". Trees are solar powered, recyclable, biodegradable, self-reproducing, renewable, natural resources, which grow larger (and more valuable) each year.

Below is a table of common Maine trees, with their heat value in British Thermal Units per cord (BTUs/cord). A BTU is about one big wooden kitchen match. A cord is 128 cubic feet of wood, bark, and air.

SPECIES	AIR DRY BTU'S	SPECIES	AIR DRY BTU'S
Hop hornbeam	24,700,000	Black cherry	18,500,000
Beech	21,800,000	White/paper birch	18,200,000
Rock/sugar maple	21,800,000	Elm	17,700,000
Red oak	21,700,000	Gray birch	17,500,000
Yellow birch	21,300,000	Hemlock	15,000,000
White ash	20,000,000	Popple/aspen	14,100,000
Hackmatack/larch	19,100,000	White pine	13,300,000
Soft/red maple	19,100,000	Basswood/linden	12,600,000

Wood burning is a four step process. 1. **Vaporization**. The moisture in the wood must be removed or vaporized. All wood, even dried, has moisture. Green or fresh cut wood is mostly water. 2. **Charcoaling**. The chemical breakdown of the wood into charcoal, gases, and other volatiles. 3. **Combustion of gases**. The gases are burned, producing some heat. 4. **Burning of charcoal**. This is the most heat out put, the hot coals are burned.

Stoves and heating appliances vary in their efficiency. Any appliance must be properly installed, cleaned, tuned, and burning the right fuel. A good wood stove might reach 60-75% efficiency. Oil burners typically reach 75-80% efficiency, meaning they get that amount of the possible heat from their fuel. Burning dry wood, hotly, in a modern stove will decrease ash, minimize creosote, and minimize pollutants and smoke. Don't burn green wood! If you must, get white ash, which has the lowest moisture content of our Maine trees.

Firewood is usually bought and sold by the cord. A legal **cord is 128 cubic feet of wood, bark and air**. A cord of tree length wood will yield less solid wood than a cord of 8 foot. A cord of 8 foot will yield less than a cord of 4 foot. A cord of fitted (cut, split) will yield the most solid

wood. So, the **pricing should reflect these facts**. You would pay less/cord for tree length, etc. A cord of large diameter wood will yield more solid wood, but the trade off is often more splitting. If you have any question about your scale (measure) or the size of the load, **measure the load before it is unloaded**. Simply measure and multiply the height (in feet) X the length (in feet) X the width (in feet), then divide by 128 = cords. A pile of wood on the ground is difficult to scale and open to varying assumptions. Also, a cord of tree length will not equal a cord of fitted, eg. 10 cords tree length firewood will yield around 7-8 cords of fitted, neatly stacked firewood

Below is a table which compares the heat value of wood to fuel oil. The wood must be burned in an efficient, properly installed and operated stove, using dry wood(<20% moisture). We can use this table to see what wood is really worth compared to oil. As oil goes up, firewood becomes more valuable. If fuel oil is a \$3/gallon, then a **cord of cut, split, delivered hardwood with mostly beech, stacked ready for use, is worth up to \$507** (169 X \$3= \$507).

Species by cords	Equivalent to #2 fuel oil in gallons
Beech	169
Rock maple	166
Red oak	166
White ash	154
Elm	130
Popple/aspens	97
White pine	94

In reality, **oil is much more “convenient” than wood**, meaning wood is much more work and hassle.

Handling, storage, building and tending to fires, splitting kindling, cleaning ashes and wood debris, and attending to all these tasks are work and time consuming. With wood you are trading your time and labor for earned dollars you don't give the oilman, the refineries, and oil producers.

Let's go a step further to see what your time is worth processing this firewood. Let's say it takes you 10 hours work to cut those diseased beech trees behind your house, then buck, split, and haul one cord of them to the wood shed, neatly stacked. We should take out the cost of the fuels, the chainsaw, and other tools and equipment. Let's say \$20/cord. There's the cost of transport, by whatever method, \$20/cord. This cord of beech is worth \$507, less \$40 expenses, so \$467. Don't forget to allow for the cost of the land, the trees, and the woodshed, say \$30/cord. Now we're down to \$437. **Your hourly rate of pay for working up this firewood is \$43.70/hour! Not bad for a skilled (+/-)laborer!**

Obviously, I set this up as a good example. Your wood BTU value and production rates will vary. It may take you 20 hours to work up a cord of soft maple. Don't forget the **risk factor** of felling trees and operating a chainsaw. The **price of oil** will go up and down. We've still got all that **work at the stove**. But, you're healthier! 10 hours of tree work is about **5 gym sessions** you've saved, say \$10/session! Better yet, you can also make your **woodlot healthier by doing good forestry**.

One final thought. The oil in your tank is dependant on many hundreds of people, lots of machinery, many processes, and politics, from the oil well in Saudi Arabia, across the ocean, through the refinery, to your dealer, and finally, to your tank. You can stand in your window and see your trees, your **solar powered source of heat, hot water, cooking, and exercise**. *Which is more dependable, and which makes you, your family, and our nation more self sufficient?*

Chainsaw Service, Maintenance (S&M,) Filing, and Trouble Shooting.

By P. Forrest (Pete) Tracy - Certified Logging Professional.

Today's modern chainsaws are much like modern cars. They are mostly trouble free, user friendly, and need only simple daily and periodic inspection and service. Below are many simple tasks that **we operators can perform**. Filing is the most important and most misunderstood task. If, after completion of these simple, straight forward tasks, the trouble is not fixed, **take your saw to the shop!**

General.

- ✘ Read and familiarize yourself with your saw's owner's manual (read in private if you're a man!).
- ✘ Use the pictures (for men) and information on the back of the chain box.
- ✘ Oregon "Maintenance and Service Manual", a **must read**.
- ✘ The fuel/oil mix is vital; it provides power (work), cooling, and lubrication.
 - Use Hi Test or Premium gasoline, or the best grade you can afford.
 - Use recommended oil, premium grade.
 - Keep fresh < 3 months old - 1, 2.5, and 5 gallon fuel/oil mixes, **stabilizer?**
 - Keep fuel clean and water free - **shake** before each fill up.
 - Store in cool, dry location.
- ✘ Functions Check - check all safety features in place and working daily.
- ✘ A properly filed saw should be easy to cut with, smooth cutting, and hold an edge for several hours in clean wood. When using the pulling chain, you simply guide the saw, which feeds itself into the wood. When using the pushing chain, just a little muscle effort is needed. When using the pulling tip, such as when boring, there should be a tiny bit of jumpiness or roughness.
- ✘ A dull chainsaw is dangerous to use, an inefficient use of your energy, shortens the life of all parts and components, costs more dollars to use, and **takes all the fun out** of being out in the woods or on the wood pile.
- ✘ Put together a "chainsaw tool box". Keep all your saw tools here. Make it portable to take with you, along with your First Aid Kit! Keep a spare spark plug, fuel filter, sprocket, chain (or 2 or 3), files, srench, duct tape, etc.
- ✘ Lightly tighten most nuts and bolts - they are set in aluminum or plastic (exception is bar nuts).

Filing.

- ✘ Your chain vs. "out of the box" - how do you compare?
- ✘ Parts of the tooth - raker (depth gauge), point, side plate, top plate, chisel.
- ✘ Four aids to improved filing!
 - Filing tools
 - Raker tools
 - Vice - work bench, portable, or field.
 - Sight enhancement (over 40 crowd?)
- ✘ Factory recommended settings, most important: **CONSISTANT!**

Bar, Chain, and Sprocket maintenance.

- ✘ Bars, chains, and sprocket - steel on steel with lubrication - they wear!
- ✘ Bar lengths : 12", 14", 16", 18", 20", 24" - 18" most common with Loggers, 18" or 16" with homeowners. Shorter = more control = less filing = less cost.
- ✘ Rotate or flip bar every 3-5 filings
- ✘ Dress bar when wire edges or "cat ears" appear on rails (don't confuse "bar dressing" with "dressing for a bar"!)
 - Edging tool (stolen from skiers), grinder, flat file, check for evenness with a carpenter's square.
 - Bevel rails about 45 degrees.
 - Close rails with bar rail closer to thickness of new chain.
- ✘ Bar oil adjustment - more or less - see owner's manual.
 - Summer and winter weight bar oils
 - Do not use used motor oil
 - Vegetable oils, other oils, maybe if blended.
- ✘ Chains have 3 measurements - stamped on each guide bar & chain box
 - Length (measured in # drivers).
 - Thickness (measured like stove pipe, in gauge) - .50 & .58 most common.
 - Size (measured as pitch, distance between any 3 rivets/2); .325 and .375 most common, also .25 and .404.
 - Full compliment chain most common, also skip and semi-skip (+/- each).
 - Chisel chain most common, also semi-chisel (+/- each).
 - Manufacturers have their own labeling system = total confusion!
- ✘ Chain adjustment - bar nuts finger tight, adjust tensioner screw (see manual)
 - Caution - handle chain with gloves.
 - Pull down on chain hard - 2-4 drive links show.
 - Pull test - warm chain can move without sliding saw.
 - Bar nuts only fasteners for "full strength torque" (manly term)
- ✘ Sprocket, like on a bicycle, drives the chain (6-7-8 hole configurations).
- ✘ Replace sprocket with 2-4 chains, or with 1/64" wear depth.

Engine Performance.

- ✘ Air filter - clean daily unless Husqvarna/Jonsereds, then weekly
 - OK! Tooth brush dry clean (not your morning toothbrush!)
 - GOOD! Low pressure air < 30 psi.
 - BEST! Hot water & dish soap, scrub with toothbrush, rinse, air dry (not with supper dishes).
 - No solvents or cleaners - unknown chemicals and reactions?
- ✘ Fuel filter - "go fishing" with bent coat hanger, replace as needed.
- ✘ Spark plug - 75-100 hours if using hi test gas.
- ✘ Proper tuning.
 - Chain should stop at idle
 - Idle or throttle adjustment, moves idle screw, OK to adjust.
 - Saw should idle in all positions
 - Saw should accelerate instantaneously (if not quicker) from idle to top end.

Chainsaw S&M, Filing

- Top end should have flutter and “full power” (manly word).
- Do not adjust Hi/Lo jets, have dealer tachometer your saw, and tune if you have problems.

- ✘ Saw fails to start (start with the ridiculously simple).
 - Fuel? (old, water, full)
 - Air filter.
 - Flooded (never choke a warm engine) or not choked (cold engine)
 - Spark plug
 - Take to shop.
- ✘ Saw starts, but will not idle or run right.
 - Fuel? (old, water, full)
 - Air filter
 - Fuel filter
 - Idle (throttle) adjustment
 - Take to Shop.

Cutting Wood.

- ✘ Your chain saw and its teeth should be making shavings or chips, not sawdust.
- ✘ Saw does not cut well, you are forcing the saw to cut, bar and chain hot!
 - File, set rakers.
 - New chain if problem persists.
- ✘ Saw cuts to the left or right, or “runs” in the cut.
 - File, set rakers.
 - Dress bar, even the rails, close the rails.
 - New chain if problem persists.
 - New bar if problem persists! (ouch, \$\$)
- ✘ Saw is jumpy, hard to hold onto, cuts rough - Very Dangerous!
 - Too much hook in side plate angle, re-file with file tool.
 - Raker is too low, file teeth to catch up to raker depth - **do not** file rakers.
 - New chain if problem persists.

Venture forth to kill trees and make shavings! Remember **wood warms you thrice**; when it’s worked up, when it’s handled, and when you burn it!

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Version: 04 Oct 2009

EMERGENCY PREPAREDNESS FOR CHAINSAW OPERATORS

(always have a plan)

Luck and Hope are NOT a plan!

WHEN CALLING FOR HELP:

- ✍ Written directions to the site (be specific, mileage from known locations, road names and numbers, etc.)
- ✍ Information to dispatcher: Name, phone number, directions (see above), nature of injury(ies), condition of victim, who will meet the ambulance, **DO NOT HANG UP UNTIL TOLD TO DO SO!**

FIRST AID KIT

BLOODSTOPPER - A commercial trauma dressing or maxi-thins and triangular wrap. This should be **carried on your person for immediate access**. On the belt of your chaps is great! Otherwise, keep your first aid kit handy.

Make your own First Aid Kit.....

MUST HAVE

MAXI-THINS	TRIANGULAR WRAP	BANDAIDS
ANTISEPTIC WIPES	PAINKILLERS	TAPE

OPTIONAL

Tweezers	CPR shield	gauze
Moleskin	antacids	elastic wraps
Antibiotics	scissors	razor blade
Laxative/anti-diarhl.	Ziplock bags	latex gloves
Emerg. Blanket	splints	mask
Antihistamine	tissue/wipes	duct tape
Etc.	T.P.!	

- IN A WATERPROOF BAG, BOX, POUCH, CASE, PACK, ETC.

ODDS AND ENDS

- ALL FAMILY MEMBERS SHOULD HAVE FIRST AID TRAINING
- ADULTS AND TEENS SHOULD HAVE CPR TRAINING
- ALL FAMILY MEMBERS SHOULD KNOW HOW TO AND PRACTICE AN EMERGENCY CALL FOR HELP
- WORK WITH SOMEONE IF POSSIBLE. IF NOT, HAVE A CHECK IN PLAN SO HELP WILL ARRIVE IF YOU'RE IN TROUBLE.

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April 2006, revised Nov. 2008.

