

ED Lab Coat Essentials

APP EM Ready

5 Things Every Provider Should Carry

Pens — Carry 2–3 minimum. Keep a backup. Pro Tip:
Carry a decoy pen.

Penlight — Pupil exams, neuro checks, throat exams. Pro
Tip: Same pocket every shift.

Trauma Shears — Remove clothing and dressings quickly. Pro
Tip: Clip for fast access. Raptor type

Pocket Notebook — Track tasks, differentials,
pearls. Pro Tip: Write immediately.

Smartphone — MDCalc, Epocrates, UpToDate. Pro Tip:
Use intentionally.

Bonus: Alcohol wipes • Snacks •

Extra gloves • Lip balm

Prepared providers don't scramble — they execute.

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Mentorship opportunities, and other toolkits



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