

# MOULAGE RECIPES

## **"Schkin" (simulated skin):**

In a **large** bowl, mix together **all** of (2) 13 oz. jars of petroleum jelly, (3) 16 oz. boxes of corn- starch, and 2 - 6 tablespoons cocoa powder (depending on darkness of color desired). These 'homemade' kits have one bowl of the lightest (2 T. cocoa powder) and one bowl of the darkest (6 T. cocoa powder). You don't want it too sticky nor too dry. Best to mix the cocoa powder into the cornstarch before adding the petroleum jelly. You can begin mixing with a spatula, but eventually will need to use rubber gloves and knead with both hands to get it all totally mixed. Clean up with paper towels, then wash your hands/tools with warm water and soap.

## **Thin Blood (preferred and used in the kits):**

Mix together 16 oz. of liquid laundry starch (like Sta Flo), 2 oz. RED food coloring, and 5 drops BLUE food coloring.

## **Medium Blood (corn syrup type):**

To a 16 oz. bottle of corn syrup, add 2 teaspoons or 200 drops of RED food coloring , 16 drops BLUE food coloring, and 16 drops YELLOW food coloring. Mix well in bowl larger than three cups and place in container that is easy to pour. (Pour by using a funnel.) This version needs to be used rather quickly, for the chance of mold forming exists.

## **Medium or an alternative to the other Thin Blood (dish soap type):**

To 16 oz. of red dish soap, add 4 Tablespoons RED food coloring and 4 drops of Blue food coloring. For Thin Blood, use spray bottle. For Medium, pour on for dripping effect.

## **Thick Blood:**

To a 16 oz. can 'Multi-duty Complex' by Super Tech (grease that comes red), add 30 drops RED food coloring and 30 drops of BLUE food coloring. Mix very well. The canned version is easier to work with than the tube-type. This medium is messy, though it cleans up easily with paper towels.

## **Sweat:**

People in shock typically break into cold sweats. To simulate shock, mix 3 parts glycerin with 1 part water in a spray bottle (shake up) or use a dropper or cotton ball dipped into mixture to apply. Effect can be enhanced by applying a thin layer of baby oil or cold cream under the glycerin/water spray-on.

## **Saliva & Sucking Chest Wounds:**

Mix 'Effervescent Antacid & Pain Relief' (like Alka-Seltzer) in your mouth or crush into a simulated wound on the chest.

## **Vomit:**

As unpleasant as it sounds, vomit can easily be simulated with the use of instant flavored oatmeal (maple & brown sugar, raisin and cinnamon, etc) mixed with a small amount of water. For enhanced effect, use your imagination for the general effect like adding corn, peas, or other food types.

## **Shock:**

Apply white eye shadow or Creamy Diaper Rash Ointment to lips blotting or adjusting amount to obtain desired effect of blood draining from the lips. For total effect, use with sweat.

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## **Death:**

Mix well 1 teaspoon Creamy Diaper Rash with 2 drops BLUE food coloring and 3 drops RED food coloring. Apply sparingly to lips and (if desired) edge of nasal openings and ear lobes. This amount can be used for several 'victims'. To create more volume, use a tablespoon and multiply by 4 (8 drops BLUE food coloring and 12 drops RED food coloring).

## **Bile (stomach):**

Mix in a sturdy blender 16-18oz. package of oatmeal cookies with a generous handful of dark ginger snaps.

## **Road Rash:**

Gently heat 3- 4 full tubes red or reddish lipsticks (or the equivalent of this volume) having half of the lipsticks bright red. Off-color reds can be combined with the bright red. Heat lipsticks in a small stainless steel cup on stove or small plastic cup in the microwave. Transfer to small container that is wide-mouthed so you can scrape across top with a sponge. A lid is recommended.

## **Bruise Powder #1:**

Combine line chalk (like carpenters use) in a ratio of 5 parts blue to 2 parts red. This medium is such a fine powder that measurements need to be kept uniform or color will vary considerably.

## **Bruise Powder #2:**

Crumble combinations of old blue, purple, aqua, and green eye shadows with ½ amount of red blush into a fine powder. If a large, very economic, volume is needed, finely crush same color mixture of colored sidewalk chalk and mix in with eye shadow/blush. Using a small axe or hammer, wrap chalk in a paper towel, place on a hard surface and pound into powder. Use round rouge (make-up) brush to apply.

## **ITEMS TO CONSIDER**

There is no known issue nor problem associated with the use of homemade moulage materials in training exercises. We do feel the following needs to be mentioned for your consideration.

1. Latex items such as gloves, band aids, etc. could provide an allergic reaction in some people and should be considered to avoid when purchasing refills for your kits. Only Latex-free materials are included in kits.
2. Sugar ingredients should not be used in outside exercises during warm/hot weather. These types of moulage with sugar/honey/syrup could attract bees or other stinging insects. (Example: the med. blood-type with a corn syrup or honey base, and the sweat (glycerin) has a sugar base.)
  - a. Dish soap version of blood is an alternative for hot weather and outdoor exercises. (However, we strongly recommend restricting this soap-based application use to below the neck due to possible irritation of the eyes in case any soap drips.)
3. We use only new lipsticks in preparation of your kits. (See below for suggested cleansing techniques.)
4. The item labeled 'eye wash' is saline solution (sodium chloride) for safe flushing or irrigation of the eyes, should this be necessary

Revised 08/20/07

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5. For unclogging spray bottle nozzle, soak in warm water a few minutes and spray. It may unclog just by immersing in warm water and spraying.

### **PROPER CLEANSING TECHNIQUES TO CONSIDER**

1. Hand washing with soap and warm water before applying anything to another person is the recommended policy to follow. Wet wipes with antibacterial action can be used when running warm water is not immediately available (especially during outdoor exercises).
2. Tools, sponges, foam wedges, plastic spoons, cups, etc., should be washed in hot sudsy water after each use or after each moulage exercise. Note: multiple sponges/wedges are provided.
3. Disposable items such as cotton swabs, craft sticks, cotton balls, alcohol prep pads, etc. should be disposed in waste containers, not reused.
4. We recommend you replace your make-up brushes on a regular basis - after every 3 cleanings.
5. We recommend that you label ANY of the kit contents you divide up. It takes no time at all to try to figure out what is what in a labeled container.