

IMPROVED FIRST AID KIT - IFAK

The Improved First Aid Kit (IFAK) is designed around massive hemorrhage control. As opposed to buying a premade IFAK kit, you can save some money and build your own with our checklist and devote your money to exactly what you want. All of the items are available on Amazon using the included links. Some can be hard to find in local stores.

DATE LAST CHECKED

INITIAL PACK DATE

CONTENTS FOR MAJOR HEMORRHAGE CONTROL

	QUANTITY	ITEM DESCRIPTION
<input type="checkbox"/>	1	Condor EMT Lite Rip Away Pouch with MOLLE Mounting System
<input type="checkbox"/>	1	Trauma Shears 5 1/2"
<input type="checkbox"/>	1	QuickClot/Celox Hemostatic Z-Fold Gauze
<input type="checkbox"/>	1	North American Rescue CAT Tourniquet
<input type="checkbox"/>	1	North American Rescue Hy-Fin Vent Compact Chest Seal Twin Pack
<input type="checkbox"/>	1	Israeli Battle Dressing (6")
<input type="checkbox"/>	2	Compressed Gauze 4.5" x 4.1 Yards
<input type="checkbox"/>	2	Pair Medical Gloves (preferably rolled)

CONTENTS FOR MINOR INJURIES/ILLNESS

In addition to the major bleeding control items above, no kit is complete without a small size "boo-boo kit" to take care of those minor aches and pains. Each one of these items can be purchased as a kit with the [1 Person / 3 Day Lifeline Trail Light Day Hiker First Aid Kit](#) available on Amazon or many retailers. Just use one of the Ziploc bags and pull out what you don't need.

	QUANTITY	ITEM DESCRIPTION
<input type="checkbox"/>	2	Sterile Gauze Dressing Pad 2" x 2"
<input type="checkbox"/>	4	Small Adhesive Bandage 3/8" x 1 1/2"
<input type="checkbox"/>	2	Triple Antibiotic Ointment Packets
<input type="checkbox"/>	2	Fabric Knuckle Adhesive Bandage (Band-Aid)
<input type="checkbox"/>	4	Large Fabric Adhesive Bandage (Band-Aid) 3/4" x 4"
<input type="checkbox"/>	2	BZK Antimicrobial Towelettes
<input type="checkbox"/>	1	Acetaminophen Packet
<input type="checkbox"/>	1	Ibuprofen Packet
<input type="checkbox"/>	1	Aspirin Packet
<input type="checkbox"/>	2	Alcohol Prep Pads