

PERSONAL FIRST AID KIT - PFAK

The Personal First Aid Kit (PFAK) is designed to provide the most capability possible in a lightweight and compact package. At only 7.75 ounces with the Minimalist gear, it provides the tools for major bleeding control which most basic first aid kits overlook.

DATE LAST CHECKED

INITIAL PACK DATE

MINIMALIST KIT CONTENTS

Start with the [1 Person / 3 Day Lifeline Trail Light Day Hiker First Aid Kit](#) available on Amazon as your base kit to save time and money. It includes all the items shown in black in this section. Next, **add** the items listed in **bold blue text** below (which also include links). All items in this section fit in the orange zipper bag included with the base kit.

QUANTITY	ITEM DESCRIPTION
<input type="checkbox"/>	2 2"x2" Moleskin Squares
<input type="checkbox"/>	1 Israeli Battle Dressing (4")
<input type="checkbox"/>	1 H&H TK4 Tourniquet
<input type="checkbox"/>	1 Emergency First Aid Guide
<input type="checkbox"/>	1 Small Roll Paper Tape ½"
<input type="checkbox"/>	1 Pair Examination Gloves
<input type="checkbox"/>	3 Cotton Swabs
<input type="checkbox"/>	1 2"x3" Moleskin Sqaure
<input type="checkbox"/>	2 Alcohol Prep Pads
<input type="checkbox"/>	2 BZK Antimicrobial Towelettes
<input type="checkbox"/>	5 Butterfly Wound Closure Strips
<input type="checkbox"/>	2 Fabric Knuckle Adhesive Bandage (Band-Aid)
<input type="checkbox"/>	10 Large Fabric Adhesive Bandage (Band-Aid) ¾" x 4"
<input type="checkbox"/>	2 Triple Antibiotic Ointment
<input type="checkbox"/>	1 Tweezers
<input type="checkbox"/>	3 Safety Pins
<input type="checkbox"/>	2 Iodine Prep Pad
<input type="checkbox"/>	2 Sting Relief Pad
<input type="checkbox"/>	1 Hydrocortisone Cream
<input type="checkbox"/>	2 Acetaminophen Packet
<input type="checkbox"/>	2 Ibuprofen Packet
<input type="checkbox"/>	2 Antihistamine Tablet
<input type="checkbox"/>	2 Sterile Gauze Pad 3" x 3"
<input type="checkbox"/>	2 Non-Adherent Dressing 3" x 4"
<input type="checkbox"/>	2 Sterile Gauze Dressing Pad 2" x 2" (remove for weight savings if needed)
<input type="checkbox"/>	5 Small Adhesive Bandage 3/8" x 1 ½" (remove for weight savings if needed)

KICK IT UP A NOTCH - ADDITIONAL ITEMS

Have a pack with little more room? For maximum capabilities in a small footprint, add the following items.

QUANTITY	ITEM DESCRIPTION
<input type="checkbox"/>	1 North American Rescue CAT Tourniquet
<input type="checkbox"/>	1 QuickClot/Celox Hemostatic Z-Fold Gauze
<input type="checkbox"/>	1 Emergency Survival Blanket
<input type="checkbox"/>	1 N95 Face Mask
<input type="checkbox"/>	1 2" Sterile Gauze Roll
<input type="checkbox"/>	1 Trauma Pad 5" x 9"
<input type="checkbox"/>	1 Sawyer Picardin Insect Repellent Spray (0.5oz)