

Individual First Aid Kit Checklist

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Trauma & Life-Threatening Emergencies

- (1) Tourniquet (CAT, SOF-T, or windlass equivalent)*
- (2) Hemostatic gauze (QuikClot, Celox, etc.)
- (2) Compressed gauze (wound packing)
- (1) Pressure dressing (e.g., Israeli or OLAES)
- (2) Chest seals
- (1) Emergency blanket/person
- (4) Pairs nitrile gloves
- (1) Sharpie
- Stethoscope + BP cuff

Common Injuries & First Aid

- Adhesive bandages (various sizes)
- (6) Sterile gauze pads (3x3 or 4x4)
- (2) Non-stick dressing pads (for burns/wounds)
- (2) Rolled gauze
- ACE-Wrap
- Cohesive wrap (e.g., VetWrap/Coban)
- Medical tape
- (10) Antiseptic wipes
- (1) Tube or (4) packets antibiotic ointment
- Burn gel packets or small burn dressing
- Blister care (moleskin, hydrocolloid, or Compeed)
- SAM splint

Medications & Relief (Enough for multiple days per issue)

- Pain relievers (ibuprofen, acetaminophen – 1-week supply)
- Antihistamines (diphenhydramine, cetirizine)
- Anti-diarrheal (loperamide)
- Antacid tablets (Tums or Pepcid)
- Oral rehydration salts or electrolyte tablets
- Cold/flu tablets (DayQuil/NyQuil packets)
- Motion sickness tablets (meclizine)
- Cough drops/throat lozenges

- Broad-spectrum antibiotic (Zithro or Cirpo)
- Anti-fungal cream or powder (optional for damp/humid travel)

Environmental Needs

- Personal prescriptions (in labeled waterproof bag)
- EpiPen (if prescribed or in high-risk allergy areas)
- Sunscreen (small tube or wipes)
- Lip balm with SPF
- Eye drops (lubricating and/or saline)
- Insect repellent (travel-size spray or wipes)
- Insect bite/sting treatment (cream, stick, or wipes)
- Poison ivy/oak relief cream (if relevant)

Support Gear

- First aid quick reference card or mini manual
- Trauma shears (full-size preferred)
- Tweezers (fine-point for splinters or ticks)
- CPR mask
- Headlamp or flashlight with extra batteries
- Thermometer (compact digital or disposable)
- Irrigation syringe (wound cleaning)
- Waterproof notepad + pen or pencil
- Trash bags or ziplocks (biohazard or cleanup use)
- Survival: Sat Phone/InReach, fire starter, water filter

Storage Tips

- Use a clearly labeled, water-resistant pouch or hard case
- Keep gear easily accessible (not buried in storage)
- Teach fellow travelers first aid location
- Inspect and restock quarterly or before each trip