

CPR/BLS (Basic Life Support) and Medical Overview

REMEMBER: Your IFAK is for use on yourself. Should you use your IFAK on another you run the high risk of leaving yourself without medical supplies when needed. Your buddy should have their own.

IFAK is to be put on the **Right Side** to be Universal, so all know where to find it so that they may render aid.

Blood Type insignia (VELCRO BACKED)

KDA/NDA insignia (VELCRO BACKED) these are simply a notification of known drug allergies or no drug allergies. We are all adults, if you do not know if you are allergic, please ask you MD, same for blood type.

Molle pouch to keep items in and adhere to vest or other. Items may also be put in a plastic bag and put in Right Trouser Pocket.

Items for IFAK:

4 pair Gloves

1 Roll Medical Tape or Duct Tape

1 pair Trauma Shears

10 - 4x4 Gauze Pads (2 packs)

1 Chest Seal package (2 seals for entry and exit wounds)

2 Compression Bandage (Also can be known as Israeli Bandage)

1-2 CAT Tourniquet or RATS Tourniquet

1 Nasopharyngeal Airway

1 Oral Airway

1 TCC (Tactical Casualty Card)

Quick Clot (Can be either powder or gauze)

Small Sharpie Marker

*** To be noted that when choosing a clotting agent be aware of where you are going to be potentially using it. IF you intend this kit for primary use in outside situations then either a gauze or liquid type agent would be more efficient. For more uses indoors the powders will be enough as well. ***