

The IFAK - Individual First Aid Kit

Adult Kit

<u>ITEM</u>	<u>Quantity</u>
<input type="checkbox"/> Bag or Pouch	1

Instruments

<input type="checkbox"/> EPI Pen	1
<input type="checkbox"/> Precision Tweezers	1
<input type="checkbox"/> Precision Scissors	1
<input type="checkbox"/> Tape Scissors	1
<input type="checkbox"/> Scalpel #0	1
<input type="checkbox"/> Safety Pins	6
<input type="checkbox"/> Hemostat Straight 5"	1
<input type="checkbox"/> Magnifying Glass	1
<input type="checkbox"/> Thermometer (mouth)	1
<input type="checkbox"/> LED Penlight	1
<input type="checkbox"/> Mirror	1
<input type="checkbox"/> 2/0 Suture	2
<input type="checkbox"/> Nitrile Gloves	5
<input type="checkbox"/> Nail Clippers	1

Medications

<input type="checkbox"/> Aspirin	10
<input type="checkbox"/> Ibuprofen	10
<input type="checkbox"/> Acetaminophen	10
<input type="checkbox"/> Imodium Tablets	20
<input type="checkbox"/> Cramping Pills	Bottle
<input type="checkbox"/> Dramamine	10
<input type="checkbox"/> Antihistamine	10
<input type="checkbox"/> Laxative	Bottle

Topicals and Ointments

<input type="checkbox"/> Hand Sanitizer	1
<input type="checkbox"/> Petroleum Jelly	1
<input type="checkbox"/> Anti-Microbial Wipes	6
<input type="checkbox"/> Sting Relief Towelettes	6
<input type="checkbox"/> Burn Jell Packets	2
<input type="checkbox"/> Lip Balm	1
<input type="checkbox"/> Antibiotic Ointment	4
<input type="checkbox"/> Alcohol Swabs	10
<input type="checkbox"/> Provoidine-Iodine Swabs	15
<input type="checkbox"/> Eye Wash	1

Bandages

<input type="checkbox"/> 4" ACE Bandage	1
<input type="checkbox"/> Triangular Bandage	1
<input type="checkbox"/> Moleskin	4
<input type="checkbox"/> Eye Pads	2
<input type="checkbox"/> 1x3 Adhesive Bandages	20
<input type="checkbox"/> 2x3 Adhesive Bandages	10
<input type="checkbox"/> 4x4 Gauze Pads	8
<input type="checkbox"/> Roll Gauze 2"x 2yds	2
<input type="checkbox"/> Knuckle Bandages	Box
<input type="checkbox"/> 5x9 ABD Dressing	2
<input type="checkbox"/> 3x4 Non Stick Dressing	5

Dressings

- 6" Israeli Battle Dressing 1
- Tourniquet 1
- Celox or Quickclot 2 gram bag

Misc. Items

- Small Notebook and Pencil 1
- Super Glue 1
- Cold Pack/Hot Pack 1
- Insect Repellent 1
- Solar Blanket 1

Adhesives

- Cloth Tape 1" x 10 yds 2
- Large Steri-Strips (package) 1
- Small Steri-Strips (package) 1
- Duct Tape 2"x5 yds 1