



FIRST AID KIT CONTENTS

Personal Vehicle

Version 1.2 Nov. 2021



VEHICLE TRAUMA KIT ITEMS

Keep these contents readily available and packaged for the purpose of quick retrieval for first aid application especially on traumatic injuries. When able - more is better.

- 1-2x: pairs Nitrile Gloves
- 4-6x: Triangle Bandages
- 4-6x: 5x9" ABD Pads (or 8x10")
- 1-2x: 10x30" Trauma Pad
- 4-6x: 3" or 4" Gauze Rolls
- 2-4x: 3" Tensor Bandage
- C.A.T Tourniquet
- EMT Shears
- 1" Cloth Tape
- 2-4x: Emergency Silver Blanket
- CPR Mask
- Ziplock or Garbage Bags
- Ice Packs (especially for kids/sports)
- Aluminum Padded Splint (kids/sports)
- Hand Sanitizer / Medical Mask

SUPPLEMENTARY MINOR FIRST AID ITEMS

These contents should be packaged and distinctly separate from the traumatic injury supplies. Often times this may be kept elsewhere in your car like a glove box or compartment for quicker access for minor injuries you may experience personally and more often.

- 2-4: 4x4" Sterile Gauze Pads
- 2-4x: NON-STICK Sterile Gauze Pads
- Assorted Band-Aids
- Polysporin
- 2-4x: Antiseptic Wipes
- Safety Pin &/or Needle
- Tweezers
- 81mg Aspirin (ASA) chewable
- Benadryl
- Acetaminophen / Ibuprofen

Personal Additions List

- _____
- _____
- _____

PERSONAL COMFORTS

- Sleeping Bag(s) / Blanket(s) (per person)
- EXTRA Clothing for each person
- Silver Blanket or Bivy for each person
- Chemical Heat Packs (several per person)
- Robax Lumbar Heat Packs (for each)
- Feminine Products / Toilet Paper
- Personal Medications
- Card game
- Take Full Thermos of HOT water

PRACTICAL TOOLS & OTHER ITEMS

- Tarp (8x10')
- HEADLAMP(s) (with extra batteries)
- Flashlight / lanterns (with extra batteries)
- Emergency Light Beacons / Flares
- Glow Sticks
- Shovel
- Work Gloves
- Power source for electronics
- Knife / multi-tool / hammer / snips
- Whistle
- Zip Ties
- Duct Tape &/or Electricians Tape
- Candle &/or Liquid Fuel Canister
- Lighter / matches
- Small tin cup
- Mini stove / Fuel
- Booster Cables

FOOD / WATER SUGGESTIONS

- Trail Mix (high calorie, doesn't freeze)
- Chocolate Bars (that won't freeze solid)
- Dried Fruit (small pieces)
- Beef Jerky (pieces not sticks)
- Cheetos or Chips/Crackers of choice
- 2-4x: Water Pouches (can thaw with stove)
- Tea, Hot Chocolate, or Instant Coffee

This list provided by Back40 Training is not exhaustive. Individual needs, duration of trip, and personal preparedness decisions may alter the actual contents. Please adjust this list as your own personal needs require. Email: Back40training@gmail.com