

IFAK/Trauma Kit Essentials

Tourniquets

- CAT, SAM XT or SOFTT-W are popular and effective styles
- Essential for stopping severe bleeding from limbs
- Have each tourniquet prepared and stowed for quick application
- Tourniquets should be of design for self-application
- Recommended to have a minimum of 2 tourniquets

Hemostatic Agents

- Hemostatic Gauze (e.g., QuikClot, Celox): To promote rapid clotting in deep wounds

Pressure Bandages

- Israeli Bandage or Emergency Trauma Dressing: For controlling bleeding on large wounds

Chest Seals

- Vented Chest Seals (e.g., HyFin, Halo): For treating penetrating chest wounds (sucking chest wounds)

Gloves

- Nitrile gloves (several pairs) for personal protection

Training

- Stop-the-bleed training is essential

A well-stocked trauma kit can make a significant difference in managing range emergencies until professional help arrives. Regularly check and replenish items in your kit and ensure you and others know how to use each item effectively.

Disclaimer: This trauma kit is designed to provide basic supplies for managing severe injuries, such as those encountered on a shooting range. It is essential to have proper medical training to use many of the items effectively and safely. The contents listed are fundamental suggestions; you should customize the kit according to your specific needs, environment, and level of training.