

# Wilderness Medical Kit

Bleeding is possibly the most severe of these emergencies in that a life-threatening bleed can result in death more quickly than anything else on the list. In my opinion, it is very important to be able to handle this emergency as quickly as possible and not be forced to improvise when its life or death and seconds matter.

## Recommended Bleeding Kit:

[Combat Application Tourniquet \(2\)](#)

[QuikClot Combat Gauze](#)

[NAR S-Rolled Gauze \(2\)](#)

[NAR Compressed Gauze](#)

[Emergency Trauma Dressing \(ETD\)](#)



After bleeding, the most common injury we can sustain is a Break or a Sprain. Typically, what we see is a mechanical injury to the lower extremities. Except for a compound fracture (where you have a bleed as well as a break); or a broken neck, back, pelvis, or femur, the most dangerous part of this injury is not always the injury itself.

## Recommended Breaks and Sprains Kit:

[SAM Splint II 36" \(2\)](#)

[NAR Elastic Wrap Bandage 3" \(2\)](#)

[NAR Elastic Wrap Bandage 6" \(2\)](#)

[Triangular Bandage \(5\)](#)



Burns can be very dangerous in that they are a compromise in your skin. Your skin has many functions, not the least of which being providing a barrier between you and your environment.

Any wound that damages the integrity of that barrier will open you up to infection. In addition, to be a barrier, another function of your skin is assisting in regulating your body's core temperature. That ability is decreased when the skin is damaged.

**Burn Kit:**

[BurnTec Burn Dressing 4x4"](#)

[Dry Sterile Burn Cravat](#)



Blisters are much less serious. They can be extremely painful, and they can become infected. Prevention is the best practice, of course. Wearing footwear that is well broken-in being the first key, followed by stopping and addressing any "hot spot" that is beginning to form on your feet before they become a blister.

**Blister Kit:**

Moleskin

Tincture of Benzoin

**Supplementary Kit:**

[Black Talon Nitrile Gloves](#)

[NAR Trauma Shears](#)

[NAR Surgical Tape 2"](#)



Regulation of your Body Core Temperature is often a function of your Fire Kit and your Shelter Kit (which would include appropriate clothing for your environment and conditions). Keeping yourself from getting too hot (hyperthermia) or too cold (hypothermia) can usually be accomplished with those.

**Body Temperature Kit:**

[Hypothermia Prevention and Management Kit \(HPMK\)](#)

[Heat Reflective Shell \(HRS\)](#)

[Ready Heat Blanket](#)



As the saying goes, “everyone wants to EDC (a firearm), but nobody wants to IFAK”. This logic just doesn’t pass critical thinking. There are several options for IFAKs that you could choose based on your situation and training level. The absolute is that you should be carrying one. It is just as important as your EDC.

**Recommended IFAKs:**

[Tactical Operator Response Kit \(TORK\)](#)

[Bleeding Control Kit](#)

[Eagle IFAK](#)

[Individual Patrol Officer Kit \(IPOK\)](#)

[M-FAK Mini First Aid Kit](#)

[Micro IFAK](#)

