



Individual Med Kits

The following items we highly recommend you carry in your individual med kit. These items could aid in preserving life in the event you are forced to use them. Whether the injury is a gunshot wound or not these items are essential for your med kit and **SHOULD NOT BE NEGLECTED.**

Med kits should be able to address and treat injuries while conducting the initial patient assessment of injuries (**MARCH**) until a higher level of medical attention can be reached.

M – Massive Hemorrhaging

A – Airway

R – Respiratory

C – Circulation

H – Hypothermia Prevention

- **Med Kit Items List**
 - CAT / SOF-T Tourniquet (2)
 - Quick Clot
 - Compressed Gauze
 - Nasopharyngeal
 - Cric Kit
 - Needle Decompression
 - Halo Chest Seals (2)
 - Saline Lock Kit
 - Space Blanket
 - Trauma Sheers
 - Clamps
 - Suture Kit / Removal Kit
 - Nitrite Gloves
 - Sharpie Marker
 - Duct Tape
 - Self Adhesive Wrap
 - Med Tape
 - TCCC Card – Tactical Casualty Care Card
 - Super Glue
 - SAM Splint



The following med kits are a good base to build your med kit on

- Phokus Research
 - Deployment Trauma Kit 2
 - Advanced Vehicle Trauma Kit
 - * DTK2 Split Kit *
 - I personally like the concept of the DTK2 Kit because in the event that you use something in the kit you have the ability to restock the med kit or add to the med kit without having to worry about a broken seal.
- North American Rescue
 - ARMY CLS RESUPPLY KIT
 - This med kit can be broken down into two separate kits one for your belt and one for your plate carrier if you decide to go with that approach in the event you ever have to ditch your plate carrier or don't have your plate carrier with you
 - TACTICAL OPERATOR RESPONSE Kit
- Either company have a good product and ultimately comes down to what you want to do and how you want to set up your med kit. We recommend that you place your med kit on your belt or you have a med kit on both your plate carrier and your belt. That way your never without a med kit.

There are a couple options that you can do to package your med kit.

- Vacuum Sealed Bag
- Inside the plate carrier med panels (Phokus Research)
- Dangler Pouch (dangles off the front of the plate carrier – Ferro Concepts Dangler Pouch)
- AWS Med Dump Pouch
- AWS Med Belt Pouch
- Blue Force Gear Med Kits
- Tear Away Med Kits
- Standard molle pouch

****Do not put any medication in your med kit. Have your medication readily available to you. The last thing you want to do is break open a med kit and risk contaminating any of the sterile materials.**

If there are any items that you feel would be beneficial to add to this video and list please feel free to contact us at any time and we will take your recommendation in to consideration.