

Equipment needed for an Improved First Aid Kit (IFAK)

1) EMT Lite rip-away pouch (condor)	\$15.00
2) 4x4 inch gauze pads*	\$10.00
3) 2x2 inch gauze pads*	\$ 8.00
4) Gauze rolls (2)*	\$ 10.00
5) Surgical Gloves (your size, non-latex, 2 pair)*	\$ 8.00
6) Band-Aid (2 minimum)	varies
7) Alcohol based sterile wipes*	\$ 5.00
8) C.A.T. (combat application tourniquet)**	\$30.00

*All items listed come in large packages, as in more than one. You can buy the boxes and remove just what is needed for your IFAK and keep the rest as extra

**This is the most expensive item. Buy this last.

Listed below are the websites where you can buy the above items:

EMT pouch-www.amazon.com

All other items-www.chinook.com, [Walgreens](http://Walgreens.com), www.galls.com