

# Fieldcraft Equipment

## Field First Aid



### Team First Aid Kit Checklist

The Team First Aid Kit is intended to support the field activities of a group of 8 to 10 people, and has the capacity to treat multiple injuries varying from minor cuts and lacerations to serious burns and bleeding injuries.

Many ready-made first aid kits are commercially available; however, this level of kit should almost always be assembled by the Team members who will be using the kit. This will ensure that you are familiar with its contents and have an understanding of how to use what is in it. The list below offers a suggestion of the items that should be contained in a Team First Aid Kit.

We also encourage you to seek further information and training from a medical professional or enroll in a Wilderness First-Aid course.



A *Team First Aid Kit* should include:

- four pair of nitrile gloves
- trauma shears
- wound care kit module (separate list)
- Combat Application Tourniquet (CAT)
- Stretch Wrap And Tuck Tourniquet (SWAT-T)
- SAM splint
  - one long - 36 inch
  - one short - 9 inch

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- one Israeli bandage - small
- one USGI-type field dressing
- one large sterile dressing (ABD pad)
- five 4 x 4 sterile gauze pads
- five 3 x 4 "Adaptic" dressings
- one roll "Coban" wrap or one 3 inch elastic wrap (ACE wrap)
- one emergency mylar blanket
- one small bottle hand sanitizer

These components should be assembled and carried in a water-proof pack or pouch to protect the contents of the kit. This level of kit is intended to be used in conjunction with the Individual First Aid Kit and for that reason does not reproduce each of the components of the IFAK.

This Kit should be carried by a designated member of the Team so that it is always available for use while in the field.

There is a separate checklist detailing the contents of the Wound Care Module that is part of this kit.