

PREPAREDNESS FIRST AID KIT

NEW WORLD SURVIVAL · PRINTABLE CHECKLIST

newworldsurvival.com/kits/preparedness-first-aid-kit/

Print and store with your kit. Check boxes as you stock each item. Note expiration dates in the margin. Restock within one week of any use.

CORE KIT · \$140–\$195 ASSEMBLED

Standard Home Configuration

Start with the AMK Mountain Series 2.0 as your base, then add the five items below. This configuration covers the vast majority of real household first aid scenarios.

✓	Item	Notes / Brand	Cost	Exp. Date
■	Adventure Medical Kits Mountain Series 2.0	Pre-built base: bandages, gauze, gloves, tweezers, CPR barrier	\$50–\$65	_____
■	Adventure Medical Kits Trauma Pak with QuikClot	Hemostatic gauze + pressure dressing for serious bleeding	\$28–\$35	_____
■	North American Rescue CAT Tourniquet — GENUINE ONLY	Life-threatening limb hemorrhage. Buy verified supplier only.	\$29–\$35	_____
■	Water-Jel Burn Dressing Packets (3-pack)	Hydrogel burn dressings — not standard gauze	\$15–\$22	_____
■	SAM Medical SAM Splint 36-inch	Moldable splint for wrist, forearm, ankle, lower leg	\$10–\$14	_____
■	Compeed Advanced Blister Bandages Variety Pack	Hydrocolloid dressings that stay on through sweat	\$8–\$12	_____
■	Dynarex Nitrile Exam Gloves — Box of 100	Latex-free. Replace after each use. 2–3 pair is not enough.	\$10–\$15	_____
■	OTC Medications (see below)	Acetaminophen, ibuprofen, diphenhydramine, oral rehydration salts	\$20–\$30	_____

OTC MEDICATIONS · DETAIL

✓	Item	Notes / Brand	Cost	Exp. Date
■	Acetaminophen (Tylenol or generic)	Pain and fever without inflammation. Check expiry every 6 months.	\$5–\$8	_____
■	Ibuprofen (Advil, Motrin, or generic)	Pain, fever, and inflammation. Take with food.	\$5–\$8	_____
■	Diphenhydramine (Benadryl or generic)	Antihistamine for mild allergic reactions and itching.	\$5–\$8	_____
■	Oral Rehydration Salts (DripDrop, Pedialyte packets)	Electrolyte replacement for dehydration and heavy sweat loss.	\$8–\$12	_____

BUDGET BUILD · ~\$55–\$65

Essentials Without the Pre-Kit Markup

Source bandages, gauze, and tape individually at the pharmacy (no AMK base kit). Keep the QuikClot Trauma Pak and burn dressings — those are non-negotiable. Defer the CAT tourniquet until after Stop the Bleed training (stopthebleed.org).

✓	Item	Notes / Brand	Cost	Exp. Date
■	Adventure Medical Kits Trauma Pak with QuikClot	Keep this — hemostatic gauze is not optional	\$28–\$35	_____
■	Adhesive bandages (assorted), gauze pads, elastic bandage, tape	Buy individually at pharmacy — skip pre-built kit premium	\$12–\$18	_____
■	Nitrile gloves + tweezers + small scissors	Box of 100 nitrile gloves; fine-tipped tweezers	\$10–\$15	_____
■	Water-Jel Burn Dressing Packets	Keep this — standard gauze is the wrong tool for burns	\$15–\$22	_____
■	Acetaminophen, ibuprofen, diphenhydramine	Generic store brands are fine here	\$8–\$12	_____
■	CAT Tourniquet — ADD AFTER Stop the Bleed training	Course: stopthebleed.org · \$0–\$30 · 90 minutes	\$29–\$35	_____

WILDERNESS-CAPABLE · ~\$185–\$230

For Remote Outings & Group Leaders

For households with hikers, coaches, farm workers, or anyone regularly more than 30 minutes from emergency services. Assumes WFA certification or higher.

✓	Item	Notes / Brand	Cost	Exp. Date
■	Adventure Medical Kits Sportsman 400	Larger base kit replacing Mountain Series 2.0	\$80–\$100	_____
■	North American Rescue CAT Tourniquet x2	Two units — multi-limb or multi-casualty scenarios	\$58–\$70 pair	_____
■	QuikClot Combat Gauze, 4-yard roll	Full roll for wound packing. Requires advanced training.	\$22–\$30	_____
■	SOL Escape Bivvy	Waterproof, breathable emergency bivvy. Better than a space blanket.	\$30–\$40	_____
■	Water-Jel Burn Dressing Packets	Keep from standard kit	\$15–\$22	_____
■	SAM Splint 36-inch	Keep from standard kit	\$10–\$14	_____
■	OTC Medications (standard)	As above — also add oral rehydration salts for extended outings	\$20–\$30	_____

MAINTENANCE SCHEDULE

Annual Audit + Restock After Every Use

Item	Check Interval	What to Check	Replace When
Adhesive bandages	Annually	Packaging integrity, adhesive	Packaging torn or adhesive dried

Gauze / sterile dressings	Annually	Seals intact, sterility indicators	Any seal broken
Nitrile gloves	Annually	Cracks, powdery residue	Every 2–3 years even unused
OTC medications	Every 6 months	Expiration dates	6 months before expiration
CAT tourniquet	Annually	Velcro, windlass, print legibility	Any loose component
QuikClot / hemostatic gauze	Annually	Packaging seal, exp. date	At manufacturer expiration
SAM Splint	Annually	Foam integrity, no cracks	Lasts 5+ years with storage
Water-Jel burn dressings	Annually	Packaging seal, gel condition	At expiration date
SOL Escape Bivvy	Annually	Seams, tears, repack	After any use or damage

SKIP THESE

Generic 100-piece kits under \$20 — Low-quality components, expired medications, rusty scissors. Count is the marketing, not the value.

Tactical / IFAK-branded kits — Markup pays for branding and Molle pouches. Quality is not higher.

Tourniquet knockoffs from unverified sellers — Counterfeit CATs have failed under use. Buy North American Rescue or TSCX only.

Hydrogen peroxide for wound cleaning — Damages healthy tissue and slows healing. Use soap and running water instead.

Burn sprays with benzocaine — Can cause allergic reactions. Water-Jel dressings are the correct tool.