MED SERIES · MED-10

MED-10 — IFAK Contents

What's In Your Kit, and Why

Know what belongs in an IFAK, how it's organized, and how to keep it ready — identification and maintenance, not clinical technique.

BOTTOM LINE UP FRONT

An IFAK is a small kit built around a handful of time-critical MARCH categories, carried by and used on one person. It is not a general first aid kit for cuts and headaches, and it is not a team trauma bag scaled for multiple casualties.

Most people who carry an IFAK have never opened it to see what's inside, or why.

A kit crowded with the wrong items, packed in the wrong order, or built with no plan for a team is a kit that costs time exactly when time is the one thing an injury doesn't allow. This course covers what belongs in an IFAK, how it should be organized and standardized across a group, and how to keep it ready — not how to apply any of it clinically.

> *"If you ever wonder why a component is (or isn't) considered essential IFAK content, ask which MARCH letter it answers."*

THE FOUR IFAK CATEGORIES

Category	What it covers
Hemorrhage control	Tourniquets, hemostatic gauze, pressure bandages
Airway & respiratory	NPAs, chest seals, decompression needles
Wound care & environmental	Dressings, splinting, shears, gloves, blankets
Organization & maintenance	Packing order, team standardization, inspection

COURSE LESSONS

#	Lesson	Covers
1	What an IFAK Is (and Isn't)	Kit types and the MARCH logic behind contents
2	Hemorrhage Control Components	Tourniquets, hemostatic gauze, pressure bandages
3	Airway & Respiratory Components	NPAs, chest seals, decompression needles
4	Wound Care, Splinting & Environmental Components	Dressings, splints, shears, gloves, blankets
5	Kit Organization & Access Principles	MARCH-order packing, one-handed access, team standardization
6	Selection Criteria & Personalization	Matching contents to risk profile, skill, and environment
7	Inspection, Maintenance & Rotation	Expiration tracking, seal checks, re-supply triggers

DOCTRINAL SOURCES

Source	Publisher	Relevance
Tactical Medic Handbook (2013 ed.)	CONTOMS Program	Names the same device categories this course teaches and defines IFAK directly
Wilderness and Remote First Aid Emergency Reference Guide	American Red Cross	Personal vs. group kit lists behind the IFAK/general-kit distinction
Improvised Medicine, 2nd ed. (2016)	McGraw-Hill Education	Documents the tourniquet-time marking convention