



IFAK (Individual First Aid Kit) Checklist

Complete list of supplies for remote area first aid with packaging tips, rotation schedule, and storage recommendations.
Printable for emergency preparedness and field use.

An Individual First Aid Kit (IFAK) is designed to handle injuries and medical emergencies when professional help may be delayed. In tropical and remote environments, heat, humidity, insects, dehydration, and evacuation delays increase medical risks.

1. Core IFAK Supplies Checklist

Done	Medical Item	Recommended Quantity
■	Sterile Gauze Pads	5–10
■	Roller Bandages	2–4
■	Medical Tape	1–2 rolls
■	Antiseptic Wipes	10–20
■	Trauma Shears	1
■	Elastic Bandage	1–2
■	Tweezers	1
■	Disposable Gloves	4–8 pairs
■	Thermometer	1
■	CPR Face Shield	1
■	Burn Gel / Burn Dressing	1–2
■	ORS / Electrolytes	Several packets

2. Suggested OTC Medication Section

Medication	Purpose
Paracetamol	Fever and pain support
Antihistamines	Allergy or insect bite support
ORS	Hydration during diarrhea or heat
Loperamide	Diarrhea support
Antacid	Gastritis or stomach discomfort
Antiseptic Cream	Minor wound care

Medication usage should follow proper dosing guidance and medical advice. Monitor expiry dates regularly.



3. Packaging & Organization Tips

Item	Recommendation
Waterproof Pouches	Protect supplies from rain and humidity
Ziplock Bags	Separate wound care and medications
Vacuum Sealing	Reduce moisture exposure
Color Coding	Organize trauma, medication, and hygiene sections
Labels	Mark expiry dates clearly

4. Rotation & Inspection Schedule

Task	Frequency	Completed
Inspect medication expiry dates	Every 3 months	■
Replace used items immediately	After each use	■
Check for moisture or mold	Monthly	■
Recharge medical electronics	Monthly	■
Review family medical needs	Every 6 months	■

5. Tropical Storage Recommendations

Condition	Recommendation
Heat	Avoid storing kits inside hot vehicles long-term
Humidity	Use silica gel packs and waterproof containers
Flood Risk	Store kits elevated from floor
Outdoor Carry	Use compact waterproof pouch
Accessibility	Keep kits reachable within seconds

6. Final IFAK Readiness Checklist

Done	Preparedness Item
■	All supplies packed in waterproof container
■	Medications checked for expiry
■	Family allergies noted
■	Emergency contacts included
■	ORS and hydration supplies stocked

Done	Preparedness Item
■	Tourniquet or trauma supplies accessible
■	Kit tested for portability and access

Print and store this checklist with your emergency supplies, vehicle kit, bug out bag, or home preparedness equipment for quick reference during emergencies.