Vehicle First Aid & Emergency Kit

Checklist covering the initial threats to life based around the MARCH/ABCDE acronyms, follow on care, minor medical issues, and emergency survival.

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Introduction

A vehicle first aid and survival kit is designed to support immediate medical care, minor injury treatment, and short-term survival during roadside emergencies, crashes, severe weather, evacuation delays, or situations where help may be delayed. This kit should be compact enough to store in a medium to large backpack, but complete enough to address life-threatening trauma using the MARCH and ABCDE priorities, provide follow-on care after the initial emergency, and manage common issues such as cuts, scrapes, burns, eye irritation, pain, cold exposure, and limited access to food, water, light, and communication. This is a recommended baseline for a vehicle medical and survival kit. Additional equipment, such as a blood pressure cuff, pulse oximeter, glucometer, or other monitoring tools, may be added based on training level, family needs, medical history, or expected travel conditions. Start with the outline below but adjust and organize your kit as it meets your needs. This kit is not intended to replace a Get Home Bag or Bug Out Bag. It is designed specifically as a vehicle-based medical, roadside, and short-term survival kit. Some redundancy is intentional. In emergency planning, the saying "one is none, two is one" applies because critical items can be lost, damaged, used on another person, or fail when needed.

Items in this kit should be used only within your level of training, comfort, and legal scope. Medical equipment is only useful when the responder understands when and how to use it. Take a recognized first aid, CPR/AED, Stop the Bleed, wilderness first aid, or emergency medical course whenever possible.

Recommended Kit Layout

Use a medium-too large backpack, preferably one with several compartments. Don't just throw everything into one pouch like a raccoon packed during an earthquake. We like to color-code our pouches and pockets. Even if you are using a pack with multiple compartments, we recommend using smaller pouches or bags to house each section of the kit, that way you can grab it out and hand it off to other responders or party members as needed.

- ☐ Red Pouch – Trauma/Life Threats (MARCH & ABC's) – Individual First Aid Kit
- ☐ Blue/Clear Pouch – Minor First Aid
- ☐ Yellow Pouch – Medications & Personal Care
- ☐ Orange Pouch – Survival/Roadside Emergency Gear
- ☐ Main Inside Pocket – Splinting Equipment, Water, Food, Spare Clothes
- ☐ Outside Pocket – 1 Pair Personal Nitrile Gloves, flashlight, emergency mylar blanket
  - Or Orange Pouch if no External Pouches
- ☐ Document Sleeve – Medical Info, Emergency Contacts, Checklists

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Kit Contents

1. Red Pouch – Trauma/Life Threats (MARCH/ABCs)

Massive Hemorrhage

- ☐ 4 – Tourniquets – Windlass Style – CAT-7 or SOF-T
- ☐ 4 – Hemostatic Gauze – Quikclot
- ☐ 4 – Compressed Gauze – Z-Fold & Hemostatic Impregnated Preferred
- ☐ 4 – Emergency Pressure Dressing – Israeli or H-Bandage – with Pressure Bar 4in & 6in
- ☐ 4 – ACE Wrap with Velcro – 4in and 6in
- ☐ 4-6 Pairs Nitrile Gloves
- ☐ 1 – Trauma Shear
- ☐ 1 – Sharpie

Airway

- ☐ 2 - CPR Face Shield or Pocket Mask
- ☐ 2 – NPA's per needed size, sized for you and family members, with water-based lubricant, if trained.

Respiration/Breathing/Chest Injuries

- ☐ 4 – Vented Chest Seals
- ☐ 4 – Occlusive Backup Dressing (Tegaderm)
- ☐ 2 – Roll Medical/Athletic Tape

Circulation/Shock

- ☐ 4 – Emergency Mylar Blanket
- ☐ 4 – Triangular Bandage
- ☐ 8 – 4x4 Sterile Gauze

Head/Hypo/Hyperthermia

- ☐ 2 – Instant Cold Pack
- ☐ 1 – Pen Light (Pupillary Check)

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2. Blue/Clear Pouch – Wound Care

- ☐ 1 – Irrigation Syringe
- ☐ 10 – Wound Closure Strips (SteriStrips/Butterfly Bandages)
- ☐ 8 – 4x4 Gauze
- ☐ 2 – 5x9 Trauma Pads (more absorbent than 4x4 Gauze)
- ☐ 2 – Roller Gauze
- ☐ 2 – Rolls Athletic Tape
- ☐ 20 + Band-aids Various Sizes – Fabric Preferred
- ☐ 2 – Tubes Neosporin
- ☐ 20 – Alcohol/Antiseptic Wipes
- ☐ 2 – Rolls Coban/Self Adherent Wrap
- ☐ 1 – Tweezers
- ☐ 10 – Safety Pins
- ☐ 4 – Triangle Bandages + Finger Splints
- ☐ 2 – Eye Pads + Rigid Eye Shield

3. Yellow Pouch – Medications & Personal Care

*****FOLLOW DIRECTIONS OR DOCTORS RECOMMENDATION FOR DOSE AND USE*****

- ☐ 1 – Tube Hydrocortisone Cream
- ☐ 8 – Sting Wipes
- ☐ 4 – Diamode (Antidiarrheal)
- ☐ 81mg or 324mg Aspirin – Pain Relief & For suspected heart attack symptoms when appropriate and not contraindicated.
- ☐ 200mg Ibuprofen – Pain Relief, Fever Reducer, Anti-inflammatory
- ☐ 500 mg Adult Acetaminophen/Tylenol – Pain Relieve and Fever Reducer
- ☐ Children's Tylenol - Pain Relief and Fever Reducer
- ☐ Benadryl – Antihistamine
- ☐ Children's Benadryl - Antihistamine
- ☐ Allergy Medication
- ☐ Heart or Blood pressure Prescriptions
- ☐ Oral Glucose – Hypoglycemia / Low Blood Sugar
- ☐ Antacid – Heartburn
- ☐ Electrolyte Packets
- ☐ EpiPen/Auto Injector (If prescribed)
- ☐ Inhaler
- ☐ Feminine Products

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4. Survival/Roadside Emergency Gear & Main Pocket Gear

- ☐ 2-4 – Emergency Mylar Blankets (If not in other portion of kits)
- ☐ 1-2 – Wool Blankets (Quantity Based on Household)
- ☐ 1-2 – Emergency Bivies/Ponchos
- ☐ 2-4 – Handwarmers
- ☐ 2 – Contractor Trash Bags
- ☐ 1 – 10X10 Tarp
- ☐ 3 – Liters of Emergency Water
- ☐ 1 – Water Bottle (Nalgene or Alike)
- ☐ Water Purification Tabs or Water Filter
- ☐ 48-72 Hours of Emergency Ration Bars
- ☐ Sweets – Quick Energy
- ☐ Signal Mirror
- ☐ 2 – Lighters (BIC) - Primary
- ☐ 1 – Pack Waterproof Storm Matches - Alternate
- ☐ 1 – Ferro Rod (Contingency)
- ☐ Tinder
- ☐ Multi-Tool
- ☐ Fixed Blade Knife
- ☐ Duct Tape – Flat Roll Small
- ☐ Paracord – 200ft or Smaller 25 ft Bundles
- ☐ Zip Ties
- ☐ Work Gloves
- ☐ Safety Glasses
- ☐ N95 masks or appropriate respirator, if trained and properly fitted, for smoke particulates, dust, or airborne debris.
- ☐ Paper Map of Area
- ☐ Compass
- ☐ GMRS Radios – If Licensed and Trained
- ☐ 2 – 36-inch SAM Splits – For Lower Extremity Injuries
- ☐ 2 – 8 Inch SAM Splints – Upper Extremity Injuries
- ☐ 2- 4in ACE WRAP – For Splinting
- ☐ 2 – 6in ACE Wrap – For Splinting
- ☐ 2-3 – Triangular Bandages – Slings, Swath, Splints, etc.
- ☐ 1 – Set Cold Weather Gloves, Hat, Trousers, Top, Coat, Socks (Per Person)

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5. Outside Pocket or Additional to Blue Pouch/Main Pocket

- ☐ Headlamp
- ☐ Flashlights
- ☐ Extra Batteries
- ☐ Battery Bank (if spare for vehicle kit)
- ☐ GPS (if spare for vehicle kit)

6. Documents

- ☐ Emergency Contact Card – Minimize Personally Identifiable Information
- ☐ Medical/Allergy Alert Card – You and Your Family's Ongoing Medical Issues
- ☐ Family Reunification or Communications Plan

7. Additional Gear

This gear is not included in the vehicle bag but should live in the trunk space of your car.

- ☐ Jumper Cables or Jump Starter
- ☐ Reflective Triangles/Road Flares/Flashing Emergency Lights
- ☐ High Visibility Vests
- ☐ Tire Pressure Gauge
- ☐ Tire Inflator – Battery or 12V
- ☐ Tire Plug Kit
- ☐ Ice Scraper
- ☐ Traction Aids – Sand/Cat Litter/Traction Boards
- ☐ Tow Strap + Shackles
- ☐ Shovel (Military E-Tool Preferred)
- ☐ Additional Water (If Space Allows)
- ☐ Additional Food (If Space Allows)

Maintenance Schedule

- ☐ Check Every 3 Months
- ☐ Adjust to Match the Season
- ☐ Replace Expired Meds and Food
- ☐ Replace Heat-Damaged Items
- ☐ Check Batteries
- ☐ Inspect Water Containers (May need to Bleach and rinse)
- ☐ Restock Used Supplies AS SOON AS POSSIBLE

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