



EXAMPLE — NAMAD Checklist: First Aid Kit

This is a free sample checklist.

It is a first step, not a complete solution.

Full instructions on how to work with the materials are provided at the end of the PDF.

INTRODUCTION



Pre-hospital first aid is not “for the military.”

It is for:

- parents
- drivers
- volunteers
- children
- anyone on the street

What you should carry with you every day



Basic minimum kit:

- 1 tourniquet
- 1 bandage
- gloves
- elastic bandage
- thermal blanket
- small antiseptic

This fits in a pocket, a small pouch, or an everyday bag.

In the car



Basic car kit:

- tourniquet in the driver's door — for quick access
- car first aid kit in a visible place — for quick access
- scissors
- flashlight
- gloves — for personal protection
- Israeli bandage

Ideally — **IFAK + a car first aid kit.**

WHAT'S INSIDE AN IFAK AND WHY



Item	Purpose	Real example
Tourniquet*	Stops massive bleeding from a limb	Car crash, stabbing, limb injury
Hemostatic agent	Stops bleeding where a tourniquet cannot be applied (groin, armpit, neck)	Explosion, fall, arterial cut
Israeli bandage	Secures a wound, applies pressure, usable with one hand	Home, workplace, street
Sterile gauze (wound packing)	Fills deep wounds and helps stop bleeding	Cuts from glass, metal, lacerations
Gloves	Protect from contact with another person's blood	Any bleeding situation
NPA (nasopharyngeal airway)	Maintains airway patency when compromised	Car crash, chest trauma, shock
Occlusive chest seal	Prevents air from entering an open chest wound, which can cause lung collapse and death	Shrapnel, knife, gunshot wound
Eye shield	Protects a punctured or injured eye	Accidents, falls, construction injuries
Thermal blanket	Prevents rapid hypothermia after blood loss	Even mild shock or +25 °C can be dangerous
Decompression needle	Relieves tension pneumothorax	Combat injury, car crash, explosion
Marker	Records tourniquet application time	Critical information for medics
Trauma shears	Safely cut clothing without moving the casualty	Never remove clothing by hand

***Licensed and officially certified tourniquets are those that passed clinical testing and are recognized by TCCC/CoTCCC protocols. These include the original CAT by North American Rescue, SOF-T Wide by Tactical Medical Solutions (aluminum windlass), SAM XT by SAM Medical (clip locking mechanism), compact RATS, reinforced TMT by TacMed Solutions, and MET issued to certain U.S. units. All are validated by real testing and included in the CoTCCC recommended list.**

These are not “extra items.”

These are what actually save lives.

IFAK = Individual First Aid Kit — an individual tactical first aid kit.

Not a pharmacy. Not “medicine for everything.”

A small, tactical, quick-access kit for critical, life-threatening injuries.

Size and form:

- volume: 0.5–1 liter
- dimensions: ~15 × 10 × 8 cm
- weight: 400–800 g
- zippered or MOLLE pouch
- fully and quickly deployable, usable with one hand
- internal elastic loops and pockets

Training materials are educational and do not replace a medical professional.



FULL INSTRUCTIONS

How to Use NAMAD Materials

Step 1. What You Just Downloaded

You downloaded a free sample checklist.

This is not a ready-made solution and not a full plan.

It's a sample so you can understand:

- what the preparation logic looks like;
- where people usually start;
- what format NAMAD materials use.

This is the first step.

Step 2. What Checklists Are

Checklists are:

- short lists;
- without details;
- without adaptation to a specific situation.

They are meant to:

- help you orient quickly;
- make sure you don't miss anything;
- show the overall structure of actions.

A checklist does not replace preparation and does not solve the entire situation.

Step 3. What Guides Are

Guides are:

- complete materials;
- with explanations;
- with action logic and step-by-step order.

Guides are the standard solution for most situations.

Real preparation starts with guides.

If you don't know what to do next — go to the guides.

Step 4. When a Consultation Is Needed

A consultation is needed only when:

- your situation is non-standard;
- standard guides don't fit;
- there are additional constraints
(people, animals, place of residence, work, health condition).

This is not the first step and not for everyone.

Step 5. What to Do Next

After this material, there are only two logical options:

Standard situation

→ go to the guides

<https://www.namad.info/shop>

Non-standard situation

→ consultation

<https://www.namad.info/consultations>

There are no other correct options.

Important

If after this material you:

- have more questions than answers;
- feel that the topic is more complex than it seemed;
that's normal.

You're doing everything right.

This is only the beginning.

How to Use the Materials Going Forward

- don't try to cover everything at once;
- move step by step;
- start with standard solutions;
- move to a consultation only if needed.

In short

- checklist — introduction
- guides — the foundation
- consultation — the exception

Contacts and materials:

All purchase and refund terms are on the NAMAD website.

Guide updates are released regularly.

Website:

<https://www.namad.info>

<https://instagram.com/namadfromhell>