



The Humanitrain Personal First Aid Kit is designed to be small enough to be carried at all times, and can also be a permanent part of the Grab Bag kit. It contains the most essential items which can realistically be used by an individual who has had basic medical / first aid training, and is intended to be a permanent companion which might save a life.

The Humanitrain Personal First Aid Kit is extremely lightweight but contains a selection of the most appropriate materials for treating common injuries from road traffic accidents such as bleeding and fractures, to burns and conflict related injuries

Humanitrain Pouch

For individual use to be carried at all times or to be stored inside a grab bag

No. Item Description Dimensions Quantity

- 1 Conforming Stretch Gauze Sub for crepe bandage 10 cms x1
- 2 Conforming stretch gauze crepe 7.5cms x1
- 3 Small Pouch Able to fit one each of the items on this list in. x1
- 4 Sterile Swabs Woven gauze, square shaped, 2 per pack 5 cm x 5 cm each packet contains 5 pieces x2 packets
- 5 Combat Tourniquet NSN:6515-01-521-7976 x1
- 6 Foil Blanket Foil, tightly packed in a clear bag 84in x52in x2
- 7 Gloves Latex disposable, exam gloves, non sterile, no powder Medium x3
- 8 Gloves Kitchen x1
- 9 Scissors Paramedic shears, plastic handle x1
- 10 Cling-film (saran-wrap) x1
- 11 Triangular Bandage Non sterile, cotton x2
- 12 Russel chest seal x1
- 13 Tape Zinc oxide 1/2in x10yds x1
- 14 Sterile Trauma dressing Elasticated bandage ('Israeli') 4in x1
- 15 Face Protection Shields Mouth to mouth resuscitation x2
- 16 Sterile Trauma Dressing Elasticated bandage ('Israeli') 6in x1
- 17 Celox Haemostatic agent Granuals 35 g x1
- 18 SAM splint x1
- 19 Assorted plasters x2 of each below:
 - 40 - 2.2 x 7.2cm
 - 20 - 3.8 x 3.8cm
 - 15 - 5 x 7.2cm
 - 10 - 4.4 x 5cm (Fingertip)
 - 10 - 2 x 16cm
- 20 Steropore wound dressing 5cm x 5cm x2
- 21 Water-jel burn dressing 5 x 15cm x1



The Humanitrain Pouch Personal First Aid Kit is priced at £150

