If You Don’t Have An IFAK You’re Ignorant...

Many of you are reading this post to see just what an IFAK is, and that's the whole point of the title! IFAK stands for - Individual First Aid Kit. It is a small first aid kit which it carried with you everywhere...

The thing is - many of the people who follow K.W.N. are people who spend a lot of time outdoors doing things which are inherently dangerous, but many of these people don't carry a adequate first aid kit with them, and that needs to change. No matter what it is you are doing, if you are outdoors and more than 20 minutes from home or help, you should be carrying an IFAK and if you have children with you, it is even more vital to do so... You can read more on individual first aid kits and what they should contain, on the link below.

(Port Photo from: usCrow)