The Ultimate Emergency Medical Supplies Checklist

Categories: General Prepping, Health/Fitness

You likely have a family first aid kit at home somewhere. This covers you for the day to day bumps, scratches and aches and pains. The questions is - should you store more than the usual plasters, antiseptic cream and over the counter painkillers? Should you stock more than this? I think yes, and I am in good company as James Hubbard, M.D (AKA the Survival Doctor) agrees...

The things is, you can't always rely on medics to get to you super quick and get you to hospital. In situations such as local natural disasters or extreme weather, help might not be able to get through and you will have to manage by yourself for an extended period, and to do that you need to have the right medical supplies. As the old saying goes - it is better to have it and not need it, rather than to need it and not have it.

If you want to bulk up your home or bug-out-bag first aid kit, check out the Survival Doctor's ultimate emergency medical supplies checklist below to see what you are currently missing.
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