

Build a \$300 Collapse- Proof Medical Kit

*Medical Survival Without Big Pharma
Series - Vol. 2*

Disclaimer: This guide is for educational purposes only. It is not medical advice. Always do your own research and consult a qualified professional before starting any new remedy, especially if you are pregnant, nursing, or taking other medications. All images are for illustrative purposes only and should not be used for plant identification. Always consult a trusted field guide and/or a qualified expert for accurate identification.

Introduction: Why Standard First Aid Kits Aren't Enough

Most store-bought first aid kits are designed for minor cuts and scrapes, not real emergencies. In a collapse scenario—whether it's a natural disaster, civil unrest, or supply chain breakdown—those little boxes won't cut it.

What you need is a ****self-reliant medical kit**** that goes beyond band-aids, but without breaking the bank. In this guide, I'll show you how to build a durable, versatile medical kit for ****under \$300****.

Section 1: Trauma Gear (Life-or-Death Supplies)

When seconds matter, trauma gear saves lives.

Recommended Items:

- **Tourniquet (\$30–40):** Stop severe bleeding fast. Choose CAT or SOFTT-W brands.
- **Hemostatic Gauze (\$25):** QuikClot or Celox to stop bleeding.
- **Chest Seal (\$20):** For penetrating chest wounds; prevents collapsed lung.
- **Israeli Bandage (\$10–15):** Versatile compression bandage.

Section 2: Monitoring & Diagnostics

You can't treat
what you can't
measure.

Recommended Items:

- **Blood Pressure Cuff (\$25):** Manual cuff with stethoscope preferred.
- **Thermometer (\$10):** Digital or infrared.
- **Pulse Oximeter (\$20):** Measures oxygen saturation — critical for respiratory issues.
- **Glucose Meter + Strips (\$30):** For diabetics or blood sugar monitoring.

Section 3: Chronic Care Essentials

Millions rely on daily meds — in a collapse, backups are lifesaving.

Recommended Items:

Asthma Backup: Spare inhaler, if available.

Diabetic Care: Glucose tabs, low-carb rations, backup insulin storage.

Blood Pressure Support: Garlic capsules, hibiscus tea packets.

Pain Relief: White willow bark, turmeric capsules.



Section 4: Herbal Basics & Natural Remedies

You won't always have access to pharmaceuticals, so herbs fill the gap.

Recommended Items:

Infection: Garlic capsules, oregano oil, raw honey.

Stress/Anxiety: Chamomile tea bags, ashwagandha tincture.

Pain/Inflammation: Turmeric, ginger, CBD oil.

Wound Care: Calendula salve, plantain ointment.



Section 5: Storage & OPSEC (Operational Security)

Your kit is useless if it's stolen, spoiled, or forgotten.

Tips:

Waterproof Case (\$40–50): Pelican-style box or ammo can.

MOLLE Bag (\$50–70): Portable, organized storage.

Compact Shelf Storage: Rotate stock every 1–2 years.

Concealment: Don't advertise your supplies; medical gear is high-value barter.



Where to Buy Cheaply

- Amazon & eBay:
Affordable trauma gear & diagnostic tools.
- Military Surplus Stores: Durable bags and storage cases.
- Local Pharmacies: OTC supplies, glucose kits.
- Herbal Suppliers: Online apothecaries, bulk herbs.

**Printable \$300
Checklist
(Sample
Pricing)**

- Trauma Gear: \$85
- Diagnostics: \$85
- Chronic Care: \$50
- Herbs/Natural Remedies: \$50
- Storage/Bag: \$30
- TOTAL: \$300 (approx.)

Closing

With less than the cost of a single emergency room visit, you can build a ****collapse-proof medical kit**** that covers trauma, diagnostics, chronic illness, and herbal remedies.

Start today, while prices are low and supplies are available.

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Additional Resources:

[Titan Survival](#)

[Survival Home Remedies](#)

[The Water Liberty Guide](#)

[The Backyard Miracle Farm](#)

[The Power Efficiency Guide](#)