

# **How to Create a Cheap Training Kit**

1. Each kit trains 8 people
2. Buy 36” hard foam roller/pool noodles and cut into 3rds
3. Use 2 rolls of 4” Coban material to wrap each section
4. Create wounds using permanent red magic marker
	1. One deep enough to wound pack near bottom
	2. Several “small bullet holes” near top
	3. One 1” wide near middle and opposite the bullet holes
	4. One superficial wound
5. 2 clean towels
6. 4 rolls of roller gauze
7. 2 tourniquets
8. Gloves or zip lock bags
9. 1 pair of scissors
10. Medium point Sharpie
11. Handouts and other materials for participants
12. Tote with supplies and checklist

[www.peacehealth.org/stopthebleed](http://www.peacehealth.org/stopthebleed)

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