

**First Aid Inventory List Specialized for Motorcycle Riding
(disclaimer: items are suggested; "ride your own ride")**

bags, reusable zip lock
bandage, combine 8"x7"
bandage, elastic 2"x5yd.
bandage, Medi-Rip cohesive 5yds.
bandage, moleskin 4"x4"
bandage, triangular w/safety pins
bandages, 1" x 5yd. conforming roll
bandages, 3/8" x 1-1/2"
bandages, adhesive plastic 3/4" x 3"
bandages, fingertip fabric
bandages, king-size adhesive
bandages, knuckle fabric
blistex
burn spray w/aloe
butterfly closures
compresses, instant cold
eye wash
finger splints, 6"
first aid guide
gloves, vinyl
ointment, antibiotic
ointment, hydrocortisone
pad, sterile eye
pads, 2" x 2" gauze dressing
pads, 2" x 3" non-stick
pads, 5" x 9" trauma
pads, adhesive remover
Q-tips
safety pins, extra
scissors
space blanket
surgical tubing for tourniquet
tablets, Alka-Seltzer
tablets, antihistamine
tablets, back pain relief
tablets, electrolyte tablets (salt free)
tablets, non-aspirin (acetaminophen)
tablets, non-aspirin (ibuprofen)
tablets, Pepto-Bismol
tape, 1/2" adhesive
toothache gel packets
tweezers
wipes, alcohol
wipes, antiseptic
wipes, Povidone iodine
wipes, sting kill

- Tell your riding buddies about any medical conditions you may have
- Bring a copy of your prescriptions in the event you need to get a refill on the road
- Consider telling someone in the group where on your person or bike you are carrying medication and emergency contact and medical information
- Get first aid and CPR training and share that you have that training with the ride captain
- On every ride, make sure someone is carrying a First Aid Kit and make sure YOU know who has it and where it is stored
- Download an emergency card blank available on this site, fill out, make copies and put on your person and on your bike just in case

Sites for first-aid-related information, online stores, and articles:
<http://www.redcross.quinstreet.com/storefront/>