

## EAGLE WINGS MOTORCYCLE ASSOCIATION



### First Aid Kit Suggestions

#### **BASICS**

- ⇒ 4-6 rolls of 4" gauze
- ⇒ 4-6 rolls of 2-3" gauze
- ⇒ Sanitary napkins
- ⇒ 2 5" x 9" pads
- ⇒ Assorted gauze pads (non-stick if possible)
- ⇒ Assorted band aides
- ⇒ Ace bandages (large and medium)
- ⇒ Alcohol swabs
- ⇒ Antibacterial wipes'
- ⇒ 3 triangular bandages
- ⇒ CPR mask or micro shield
- ⇒ 2-3 pair of gloves (non-latex)
- ⇒ Adhesive tape 1" wide - minimum of 2
- ⇒ Trauma type scissors
- ⇒ Tweezers

#### **Notes:**

1. Cloth tape as well as the adhesive (due to allergy to tape)
2. Different sizes of gloves as everyone's hands are different size (change out yearly as they tend to stick together in areas that have high temperatures)
3. Change out the band-aides at least yearly (they tend to stick to the paper)
4. Check expiration dates on items that have a date (over the counter medicine, etc.)

## **EXTRAS TO CONSIDER**

- ⇒ Anti-bacterial ointment
- ⇒ Hydrocortisone 1%
- ⇒ Aspirin
- ⇒ Tylenol or Ibuprofen
- ⇒ Benadryl
- ⇒ Face shield or clear glasses
- ⇒ Eye wash
- ⇒ 2-4 eye pads (need to cover both eyes if one is injured)
- ⇒ Cold packs
- ⇒ Hot packs
- ⇒ Emergency blanket
- ⇒ Biomedical waste bag
- ⇒ Hand sanitizer - waterless
- ⇒ Cake decorating icing or sugar packets

### **Notes:**

1. Don't forget your personal medicine.
2. A list of your medicine with you (perhaps with someone on another bike)
3. Consider attending a first aide course.
4. Have ICE (In Case of Emergency) in your phone.