

First Aid Kit Contents

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“Biker Doc”

Use a container that holds all items necessary, fits easily in the motorcycle, and is easily accessible.

Should Have	Extras to Consider
(1) 2” Roller bandages	Neosporin or another anti-bacterial ointment
(2) 1” Roller bandage	Tylenol or Ibuprofen
(1) 1” Adhesive tape	Benadryl
(4) 4”x 4” Sterile pads	Hydro Cortisone 1%
Assorted type bandages	Sugar packets
(2) 3”-4” Ace Bandages	CPR Mask
Scissors, tweezers	Betadine
Safety pins	Solution for irrigation
(2) Instant ice packs	
Penlight	
Alcohol swabs	
(2-3) pair of latex gloves	
Arm Sling	

Remember to restock items used and to check expiration dates.

You can make your own kit or buy a prepackaged kit and add items if not included.