

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.	- Tell your riding buddies about any medical conditions you may have
bandage, Medi-Rip cohesive 5yds.	
bandage, moleskin 4"x4"	
bandage, triangular w/safety pins	- Bring a copy of your prescriptions in the event you need to get a refill on the road
bandages, 1" x 5yd. conforming roll	
bandages, 3/8" x 1-1/2"	
bandages, adhesive plastic 3/4" x 3"	- Consider telling someone in the group where on your person or bike you are carrying medication and emergency contact and medical information
bandages, fingertip fabric	
bandages, king-size adhesive	
bandages, knuckle fabric	
blistex	
burn spray w/aloe	- Get first aid and CPR training and share that you have that training with the ride captain
butterfly closures	
compresses, instant cold	
eye wash	- 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
finger splints, 6"	
first aid guide	
gloves, vinyl	
ointment, antibiotic	- Download an emergency card blank, fill it out, make copies and put on your person and on your bike just in case
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	

Sites for first-aid-related information, online stores, and articles:

<http://www.redcross.quinstreet.com/storefront/>