

From *Mike & Elma Maury / CA-1F CE*

It's the time of year when we start to do some serious traveling thus increasing the likelihood that our First Aid Kits will be needed. If you have not already done so, take the time to go through your kit and check for expiration dates of items that are showing signs of age due to heat/cold exposure, and then replace those items.

Following is a list of suggested items to be included in your kit. As you can see, these items are not all part of your typical kit and many need to be purchased independently of a kit. If you are unable to find the items you want to include, check REI or a medical supply store. Remember, injuries from a bike tipping over are likely to be much more extensive than what you'll be able to handle with a few band-aids.

Suggested Content for a Trauma First Aid Kit

- _ CPR/Mask or Micro shield
- _ 2 - 3 pairs of gloves non-latex
- _ Face Shield
- _ 4 - 6 large rolls of 4" gauze
- _ 4 - 6 large rolls of 2 - 3" gauze
- _ 4 blood stopper pads or large surgical type pads
- _ Assorted Gauze pads (non-stick if possible)
- _ Assorted Band Aids
- _ Adhesive tape-two minimum
- _ Trauma type scissors
- _ Eye wash
- _ 2 - 4 eye pads (need to cover both eyes if one is injured)
- _ Cleansing compresses
- _ Betadine Swabs
- _ Wound Wash
- _ 3 Triangular Bandages
- _ Ace bandages - large and medium
- _ Sam Splint or other Splints that are small but can be lengthened if needed
- _ Pneumosplints - assorted
- _ Cold packs
- _ Hot packs
- _ Shock Blanket
- _ Biomedical Waste Bag
- _ Hand Sanitizer - waterless
- _ Glucose gel tube
- _ Tweezers
- _ Antibiotic Ointment