



ARNIE BAKER CYCLING

# First Aid Kit for Bicycling

Packing some simple first aid supplies in your vehicle is often a good idea when traveling to a ride or race.

You can assemble and pack items conveniently in a plastic see-through food container or buy a prepackaged kit.

Knowledge about first aid is important. Consider taking a CPR/Sport Injury course. Such courses are offered in many areas through the Red Cross. Read about the care of road rash at <http://arniebakercycling.com>.



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## Basic First Aid Kit

Consider including:

- 1 First aid book
- 1 Chemical cold pack (e.g. Instant Ice)
- 4 Disposable examination gloves
- 1 Infectious-waste control bag
- 1 Antibiotic ointment (e.g. Polysporin)
- 2 Iodine swabs
- 6 Alcohol swabs/antiseptic towelettes
- 1 Tincture of Benzoin
- 2 Cotton-tip applicators (e.g. Q-Tips)
- 10 Regular Band-Aids
- 1 Medical tape—1" wide roll
- 1 Elastic bandage—3" wide roll
- 1 Triangular bandage (arm sling)
- 6 Wound-closures (e.g. Steri-Strips 1/2"x4")
- 6 Gauze pads—3"x3"
- 5 Non-stick pads—3"x4" (e.g. Telfa)
- 4 Transparent dressings—4"x5" (e.g. Adaptic)
- 1 Trauma pad—5"x9"
- 3 Gauze bandage—4" rolls
- 1 Moleskin/Molefoam roll
- 1 Sting/allergy kit
- 4 Safety pins
- 1 Scissors
- 1 Forceps (tweezers)
- 1 Accident report and pencil (if an organization)

## Convenience Items

Consider the following:

- Sunscreen
- Lip balm
- Eyeglass repair kit
- Tampons/sanitary napkins
- Emergency blanket

## Medications

Many organizations (including Team in Training, the largest endurance-training program in the world), prefer that medications not be included in first aid kits to eliminate the possibility of non-physician prescribing errors.

If you are not part of such a group, consider carrying:

- 4 ASA (Aspirin)
  - 4 Ibuprofen (e.g. Motrin)
  - 2 Antihistamine (e.g. Benedryl)
  - 1 Asthma inhaler
- Extra regular medication (if taking)

## Cautions

Coaches generally should not distribute medications—whether prescription or over-the-counter. Should a physician be present, that individual may choose to use or prescribe medication.

Of course, individuals may choose to treat themselves.

Be aware of, and reduce the risk of infectious diseases by eliminating direct exposure to blood and other body fluids.

**AB**



ABC Handout

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