

First Aid Kit

Personal Protection

- Nitrile disposable gloves
- Face shields
- Pocket mask
- Hand sanitizer
- _____
- _____
- _____

Supplies

- Antiseptic wipes
- Q-tips
- Cold compress
- Heat packs
- Matches or lighter
- 60 cc Irrigation syringe
- Tampons
- Sanitary napkins
- Duct tape
- Safety pins
- Medical adhesive tape
- Cable ties
- Sterile needles
- Space blanket
- _____
- _____
- _____
- _____

Bandages and Splints

- Roller bandages (3" & 4" wide)
- Compress dressings (5"x 9")
- Gauze pads (assorted sizes)
- Triangular bandages
- Band aids (assorted sizes)
- Butterfly bandages
- Splints (aluminum, rolled)
- Rolled gauze
- _____
- _____
- _____

Medications

- Aspirin
- Pain reliever (Advil/Tylenol)
- Imodium
- Antihistamine (Benadryl)
- Eye drops
- Glucose
- Insect-sting treatment
- Antibiotic ointment packets
- Burn ointment
- Medication list for emergency care providers
- Prescription Medications
- _____
- _____
- _____

Tools

- Waterproof bag or box for all supplies
- Scissors
- Magnifying glass
- Tweezers
- Flashlight
- Headlamp
- Oral thermometer
- Notepad and pencil
- First-aid booklet
- _____
- _____
- _____

Communication

- Cellphone (with charger)
- CB, VHF/UHF Radio (with chargers)
- Flares
- Emergency Numbers for riding area
 - Police _____
 - Ambulance _____
 - Fire _____
 - Hospital _____
 - Other _____

Know your riding buddy's special health needs and make sure they know yours!