



MOTORCYCLE SAFETY 101



Ride to Live - Live to Ride Another Day

Prepared by Cathy Novak & Ted Kapner

Emergency/Medical

First Aid Kits (FAK): FirstAidOnly.com
First Aid Only FAO-442 First Aid Kit, 299 Piece, Fabric Case \$16.21

Celox Hemostatic Agent: Amazon \$6.99 to \$7.69

Stop the Bleed Kit: mfasco.com
STAT 1 Compressed Gauze \$24.50
STAT 2 Israeli Bandage \$34.34
STAT 3 QuikClot Dressing \$53.60

Israeli Bandage Battle Dressing First Aid Compression Bandage, 6 Inch: Amazon \$8.98

Emergency flashing units: Vericom LED Safety Flare (rechargeable): Amazon \$17.99

Safety vest: Yellow Reflective Safety: Harbor Freight & Tool \$4.49

Road ID bracket and/or emergency medical card on a lanyard: RoadID.com

Helpful & Handy Items To Carry

Extra water
Advil/Tylenol (NSAIDS - nonsteroidal anti-inflammatory drugs)
Mitigator Sting & Bite Scrub - Amazon.com
Sunscreen
Band-aids
Chapstick
Snacks (Beef jerky, nuts, hard candy, cereal/protein bars)
Shower curtain from the Dollar Store - great for creating a quick shade/shelter.
Umbrella - for sun and/or rain
Spare batteries for flashlights & emergency flashers
Portable USB Power Bank - Amazon.com or Sena.com
Tools – just a minimum for the important item such as clutch, brakes, R&R wheels etc.
Spare sunglasses
Clutch lever (and brake lever if you want)
Spare key for your bike (+ spare battery for modern key fobs)
Jumper cables
Tire repair kit (Also Slime)
Spare Fuses
Duct & electrical tape
Plastic tie wraps
Plastic bags – could be used for dirty parts or soiled clothing
Wet Ones antibacterial hand wipes

Important Reminders

Check your first aid kits once a year for expiration of medicine, surgical gloves and anything else that has a shelf life.

Check flashlight batteries and spare batteries annually (Note: Alkaline batteries may leak or rupture if subjected to elevated temperatures.)