

FIRST AID KIT

Life flight membership
Fire extinguisher
Wrap gauze
various bandages
Burn cream
Sun screen
Antibiotic cream
Ace bandage
Ice pack
Good scissors or knife
Flash light
Survival blanket
Rain jacket, gloves
Matches or a striker
Sling
Splint mold
Benadryl, aspirin, Tylenol
Whistle
Tourniquet
Sting relief wipes
Tweezers
Safety pins

THINGS TO PACK FOR A RIDE

Tire patch kit
Cooler- could be used as a bucket
Shovel
Compressor
First Aid kit
Tarp
Tow Strap
Two-way radio
Tool Kit
Rain Gear
Toilet Paper
Gloves
Snorkel hose
Phone Charger
Fire Extinguisher
Always dress in layers
Always bring water and food