



## First Aid Kits

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First aid kits are like prenuptials. You hope you never have to use it but, you are glad that you had one if you do need it.

Having a first aid kit is one thing but, if you don't know how to use it or you're not sure where it is on your bike or, you haven't checked the expiration date of some of the contents in five years then....you might as well not have one.



The need for a first aid kit ranges from a scratch to a traumatic injury. With most first aid kits, you can treat a headache, an insect sting, a burn, an open wound and, even a broken bone.



But, the bigger the better doesn't, necessarily, apply to our motorcycle first aid kits. You can spend upwards of \$125.00 for a kit that contains way more than you will ever need. Or, you can go cheap and spend \$20.00 for something about two ticks above a box of band aids. Somewhere between these two extremes lies the kit that you want.

How do you choose which one? Take a reputable first aid course to learn what you should carry and how to use it. Look at the type of riding that you do. High – speed, long – distance riding may expose you to more serious injuries and require a more extensive kit. Weekend riding in our local areas may be less risky and a mid – level kit might suffice.

Regardless of the size and type of first aid kit you desire, base your purchase on a few factors:



1. What type of riding do you do?
2. Do you ride alone or with other riders?
3. Do you know how to use the items in your kit?
4. Do key items have an expiration date?

5. Finally, buy a kit that you would want someone else to treat you, your spouse, or a child with.

Now that you have a first aid kit that you are confident in be absolutely certain that you know how to use it. You may have to instruct someone else on how to administer to you.