



## Bicycle Touring Club of North Jersey

### First Aid Prep for a Ride

In addition to preparing and organizing a safe and fun ride, you may want to consider packing a few first aid items in the event there is a need.

Here are suggested first aid items to carry on rides:

- Latex gloves (clean)
- Small number of different size gauzes
- Small number of different size band aids
- First aid cream
- Aspirin and/or acetaminophen and/or ibuprofen and/or benadryl
- Alcohol wipes
- CPR face shield/barrier devices
- Ice/heat pack
- Space blanket for treating shock

Additionally, the American Heart Association's Heartsaver® First Aid program recommends that you bear in mind the following first aid basics, if there is an event on your ride:

- Always secure the area, making sure the area is traffic-free.
- Immediately call 911
- Wear protective equipment, like gloves, if dealing with bleeding.
- Check to see if the victim is wearing a medical bracelet.
- Anyone with a possible or suspected concussion should be advised NOT to continue riding.
- Treat abrasions, if bleeding, with gauze, using pressure to stop bleeding.
- Use an alcohol wipe to clean the injured area.