

Kits can be life savers, yet are only as useful as what is contained in them. This gets used, that doesn't get touched. At very least they should each be refreshed once a year to replace anything missing or expired, remove useless items, add something not previously considered. What exactly needs to be carried in a kit varies with the person and what they ride.

1) First Aid Kit

- a. Meds – Make sure all vitamins, OTC and prescription meds are properly labelled! Ask your pharmacist for an aliquot label for your travel kit.
  - i. Prescriptions
  - ii. Pain Relievers
  - iii. Allergy Relief
  - iv. Eye Drops
- b. Bandages
  - i. Band-Aids
  - ii. Sanitary Napkin (good for large wounds)
  - iii. Ace Bandage or Vet Tape
  - iv. Medical Tape
- c. Creams & Unguents
  - i. Burns
  - ii. Bites
  - iii. Contact Dermatitis (Poison Ivy, Poison Oak, Poison Sumac)
  - iv. Cuts
- d. Misc.
  - i. Tweezers
  - ii. Needles & Pins
  - iii. Contact Lens Case
  - iv. Tourniquet

## 2) Road Food

## a. Hydration

- i. <https://www.epicurious.com/expert-advice/the-7-best-drinks-for-dehydration-article>
- ii. <https://www.tasteofhome.com/article/best-and-worst-hydrating-drinks-ranked/>
- iii. <https://runnerclick.com/best-hydration-drinks-reviewed/>
- iv. <https://www.healthy-drinks.net/10-best-drinks-to-avoid-dehydration/>

b. Energy Bars - <https://www.consumerreports.org/snack-bars/best-energy-bars-review-crunchy-chewy-tasty-healthy/>

- i. <https://bodynutrition.org/energy-bars/>
- ii. <https://gearbikesreview.com/best-energy-bars/>
- iii. <https://reviewsinthebest.com/best-energy-bars/>
- iv. <https://www.gearhungry.com/best-energy-bars/>

## c. Sustenance

- i. Restaurants & Cafes
- ii. Grocery Store Prepared Foods
- iii. Roadside Picnic
  1. Mess Kit
  2. Camp Stove
- iv. “Fast Food” <https://www.consumerreports.org/cro/fast-food-restaurants/buying-guide/index.htm>

## d. Snacks – sometimes a quick snack is essential

- i. Hard Candies – calm the “sugar shakes”
- ii. Salt – if feeling nauseous and/or lightheaded
- iii. Nuts – quick protein
- iv. Fruit – whole or dried

- 3) Tool Kit – Some of us are better able to manage roadside repairs than others. Sometimes just having the tools will enable someone to help us get at least as far as the next town. The first question is Metric or SAE (Society of Automotive Engineers also referred to as American or English), or both? Here are some basic considerations.
- a. Battery: Lead Acid, Absorbed Glass Mat, or Lithium?
    - i. Terminals usually require a 10mm wrench, but what is needed to get to it? Extra nuts are always handy too.
    - ii. Do you have an easy connect whip of sufficient gauge for a jump start? 10 gauge is a good size for a motorcycle. Most tender whips are 18 gauge and will burn out if used to jump start.
    - iii. Do you carry a portable jump pack? There are now small ones available about the size of a cell phone ... and can charge that too in an emergency! (example: [www.stealthangelsurvival.com](http://www.stealthangelsurvival.com))
    - iv. Solar back up batteries/chargers are also available in small sizes and could come in handy when in sparsely populated areas for any length of time. (example: [4patriots.com/products/patriot-power-cell-one-pack](http://4patriots.com/products/patriot-power-cell-one-pack))
  - b. Tires: Tubes (usually with spoked wheels) or Tubeless (usually with mag wheels) or both?
    - i. An Air Pressure Gauge is a must! Changes in temperature, changes in elevation, different road surfaces will affect optimum tire pressure and should be checked daily.
    - ii. Tire repair kit. What you'll need depends on if you have tubed or tubeless tires. There are different kits available. You just need something that will get you to the nearest shop.
    - iii. Valve Stem & Cap
    - iv. Tire Irons for those who may change a tube or tire
  - c. Oil: Synthetic or Petroleum? What weight? Oil Cooler?
    - i. Carry an extra quart
    - ii. Oil Filter Wrench
    - iii. Wrench or screw driver to tighten oil cooler hoses
    - iv. Rag
  - d. Misc:
    - i. Wrenches, Screwdrivers, Duct Tape to tighten anything that may come loose (handlebars, mirrors, brake adjustments)
    - ii. Lights: spare bulbs & electrical tape, screwdrivers to remove lenses
    - iii. Chains: master links, lube, adjustment wrenches
    - iv. Bungee Cords & Straps

4) Survival Kit (Wild Camping)

a. Water

- i. Sealed Bottles
- ii. Purifying Tablets
- iii. Purifying Drops
- iv. Filter Straws

b. Shelter

- i. Tent or Hammock
- ii. Paracord
- iii. Rain Poncho
- iv. Survey Tape (also good for marking trails)

c. Warmth

- i. Sleeping Bag
- ii. Fire Starter (Vaseline or Hand Sanitizer on Cotton Balls works well)
- iii. Waterproof Matches or Lighter
- iv. Space Blanket

d. Tools

- i. Knife
- ii. Pocket Saw
- iii. Bear Bell
- iv. Signal Mirror