



# How to Make a Bicycle First-aid Kit

## Things You Will Need:

- Waterproof bag
- Bandages
- Waterproof tape
- Gauze, Disinfectant wipe, Plastic bags, Cotton balls, and swab

## Instructions

1 Choose the proper container. The small satchel or bag should be weather resistant. The first aid kit should easily attach to the bicycle. Use small plastic bags to store the various items. This keeps the items safe from the weather.

2 Assemble the bandages. These should be packed into the first aid kit first. The kit should have various size bandages, including a large pressure bandage. Butterfly bandages work wonders for open wounds and should be included in any medical kit.

3 Buy a large package of good quality waterproof tape. Tape can be used to hold together several sizes of bandages and can also be used to wrap breaks and sprains.

4 Include at least four to six feet of gauze in the kit. The gauze can shield a tube of hydrocortisone.

5 Pack some disinfectant wipes or a clean cloth and skin disinfectant, like Bactine.

6 Place a plastic bag full of swabs and cotton balls on top. The cotton balls and swabs provide a cushion to protect the other items in the kit.