



# ARBP EQUIPMENT CHECKLIST

ITEM	CHECK
<b>FULLY CHARGED CELL PHONE</b>	
<b>311 APP</b>	
<b>TRAIL MAP</b>	
<b>PERSONAL PROTECTIVE EQUIPMENT</b>	
Exam Gloves (3 pair)	
Safety Glasses	
Disposable Face Mask (2)	
CPR Barrier (Nu-Mask)	
<b>FIRST AID SUPPLIES*</b>	
4x4 Gauze Pads (4)	
2 inch Roller Gauze (2)	
Large Absorbent Pads (2, bleeding)	
Assorted Band-Aids (1 box)	
1" White Bandage Tape (1 roll)	
Triangular Bandage (2)	
Gallon Zip Lock Bags (Bio-Hazard)	
Paramedic Scissors	
Alcohol/Antiseptic Wipes (6)	
Small Hand Towel	

ITEM	CHECK
<b>OPTIONAL FIRST AID SUPPLIES</b>	
Sam Splint	N/A
Gator Aid	N/A
Tweezers	N/A
<b>BIKE REPAIR EQUIPMENT</b>	
Tire Ply Bars	
Tube Patch Kit	
Crescent Wrench	
Set of Allen Wrenches	
Tire Pump / CO2 Inflator	
Presta-Schrader Adapter	
Spoke wrench	
<b>OPTIONAL BIKE REPAIR EQUIPMENT</b>	
Extra Tube	N/A
Duct Tape	N/A

\*Medical supplies should be stored in airtight plastic bags to maintain integrity

**ALL ITEMS HAVE BEEN CHECKED AND ARE AVAILABLE**

**Sign & Date:** \_\_\_\_\_

**Instructor:** \_\_\_\_\_