



ARBP EQUIPMENT CHECKLIST

ITEM	CHECK
FULLY CHARGED CELL PHONE	
311 APP	
TRAIL MAP	
PERSONAL PROTECTIVE EQUIPMENT	
Exam Gloves (3 pair)	
Safety Glasses	
Disposable Face Mask (2)	
CPR Barrier (Nu-Mask)	
FIRST AID SUPPLIES*	
4x4 Gauze Pads (4)	
2 inch Roller Gauze (2)	
Large Absorbent Pads (2, bleeding)	
Assorted Band-Aids (1box)	
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
OPTIONAL FIRST AID SUPPLIES	
Sam Splint	N/A
Gator Aid	N/A
Tweezers	N/A
BIKE REPAIR EQUIPMENT	
Tire Ply Bars	
Tube Patch Kit	
Crescent Wrench	
Set of Allen Wrenches	
Tire Pump / CO2 Inflator	
Presta-Schrader Adapter	
Spoke Wrench	
OPTIONAL BIKE REPAIR EQUIPMENT	
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: _____