



## Creating a Comprehensive Motorcycle Emergency Kit

Motorcyclists are typically an adventurous and independent breed of folk, loving the freedom of riding on the open road. But being carefree doesn't mean being careless; preparedness is a virtue. You never know when you might blow a tire, come across a deer, or misgauge a turn and wind up flipping your bike. If ever something goes amiss, it's good to be prepared for come what may.



**Customize your kit for specific medical needs you may have.**

With Spring riding just around the corner, now is a good time to consider putting together a motorcycle emergency kit. A motorcycle emergency kit is a necessity for every rider and can help give you a little more peace of mind. Have it with you on every ride. You can purchase a pre-made kit from a retailer, or you can create your comprehensive package designed to meet your needs. Below are some of the items to consider adding to your package.

### TOOLS

Most modern motorcycles include a very limited toolkit, usually secured under the seat. It's usually generic and insufficient to meet your needs if ever you're stranded on the road. **Ride Apart** provides an excellent list of tools that they recommend for your motorcycle emergency kit. "Providing your vehicle is relatively new

and more importantly well-maintained, and if it's not an old clunker that's on its last leg, these tools will take care of most situations," **Ride Apart** writer Tim Watson noted.

- Flathead screwdriver (or multi-head screwdriver)
- Fold-up Allen wrench
- Multi-purpose pocketknife, e.g., Swiss Army knife
- Pliers
- Adjustable wrench
- Flashlight
- Battery cables
- Spare fuses
- Tire repair kit
- Zip ties
- Duct tape
- Electrical tape

### MEDICAL ITEMS

You can opt for a pre-packaged first-aid kit, or you can put together one of your own.

- Bandages in various shapes and sizes
- Gauze and tape
- Alcohol wipes
- Packets of antibiotic ointment
- Tweezers and small scissors
- Painkillers (acetaminophen) and anti-inflammatory (ibuprofen)

## Spring Riding Season Most Dangerous in Washington - Be Extra Vigilant

After a long cold winter, we are all eager to throw a leg over the bike and hit the road for some fun. The last couple of years I've notice springtime in Washington seems to be the most dangerous for motorcycle riders.

Cars quickly forget to look for motorcycles over the Fall and Winter, resulting in more serious crashes in the Spring. Last year there were 25 fatal accidents by late May. The average number per year is about 80. There was a 13% increase in fatal motorcycle accidents in 2018 and 2019, while nationwide there was a 1%

decrease according to Washington Traffic Safety Commission and NHTSC. Knowledge is power in my book, the more you know the better you can protect yourself.

Moral of the story is be extra careful and vigilant in the Spring when riding picks up again. My favorite tip is to stay out of cars' blind spots as much as possible.

### Safe Riding!



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## Make Sure Your Helmet Fits Properly!

Motorcycle helmet fit can be the difference between emerging relatively unscathed or suffering traumatic brain injury in the event of an accident. Here's how to achieve a great motorcycle helmet fit.

- **Start by measuring your head.** By knowing your head measurements, you'll have a better idea of which helmet size is just right for you. Using a tape measure, measure around your head approximately one inch above your eyebrows/below your hairline.
- **Check for snugness and comfort.** The right helmet should feel secure, but not too tight. The helmet's inner lining and top pad should both press against your head, and the cheek pads should be touching your cheeks. If



linings or pads aren't making contact with your head/cheeks, the helmet is too big.

- **Test your helmet by moving your head.** The easiest way to test whether or not your helmet fits as it should is to put it on, fasten it, and then move your head. Look for these danger signals:
  - Gaps between the brow pads and your temples
  - Helmet face shield touching your face
  - Helmet sliding back and forth on your head

**Happy Shopping!**



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