

Red pouch on the outside of the CamelBak

My personal emergency info:

Who I am, who to contact (you do have an advance directive don't you), allergies, previous injuries of note, current doctor and a phone number for records, signed & notarized release note for previously mention doctor records

Left side of Photo -- tire repair

21" spare tube (works for both front and rear)

(2) 8" steel tire irons wrapped in a rag to prevent chaffing the tube

Above items stored in front fender tube bag shown at bottom left

Top, Left of Center:

Rubbermaid food container to store all tools-small rag on bottom and one on top of contents.

Rags, so the tools don't rattle and I can wipe my hands/parts

Plastic container so I can put small parts in it and not lose them

(like if I need to take a carb apart on the trail and not lose jets, bolts or screws)

Bottom (*Tools all fit in the Rubbermaid container*):

Combination open end wrenches 8/10mm and 12/14mm

Motion Pro combination 19mm and tire spoon (aluminum)

Small Crescent wrench

Internal hex nut tool (I've had to get the front wheel off of more than one Swedish bike....)

MSR 1/4" socket T Handle with 8, 10, & 12 mm sockets

90* 1/4" drive bar with 6mm socket on it

Assorted Allen wrenches (metric and std to fit all sockets on my bike)

Combination screwdriver and small flat blade driver

small adjustable pliers

small side cutters with hole for stripping wire

2" fold away pocket knife

Bailing wire and safety wire in one bundle

Electrical tape

2 sizes of tie wraps

two golf pencils

Old tube patch kit box with assorted nuts, bolts, fuses, wire and fasteners

Ziploc snack bag with 4 different types of master links

Make sure you have one for YOUR bike!

Right, Center

Second Wind tire pump/CO2 filler (doubles as a hand pump when you run out of CO2)

(4) 8oz cylinders (stored in 4" fleece bag to cut down on rattling)

Tire pressure gauge

Tire patch kit (replaced every 6 months to insure patch and glue will adhere)

Bottom, Right corner:

6' sewn strap with loop at both ends-- for pulling bikes out of mud, sand or back on the road
A WHISTLE!!! (if you're hurt and off the side of the trail how will your buddies find you?)
Chain lube (Can be used as an emergency air filter oil)

Top, center:

CamelBak , ...attached pouch holds the First Aid kit seen and the sunscreen to the right.

Items in the first aid kit not seen/expected:

6 5" gauze pads
Fresh tube of Neosporin ointment
full roll of 1" medical tape
small folding scissors
tweezers
old Boy Scout signal mirror (cell phones don't always work)
small space blanket
magnesium bar with flint strip epoxied to it
4" piece of hacksaw blade
(for cutting and for shaving magnesium from the bar and striking the flint for fire starting)
STOP & THINK before you start a fire: Is it legal? Could it get out of control?
super glue -- works really good on skin
paper for sending a note out to help
--- you do ride in three's don't you? (one stays with the injured and one goes for help)

ITEMS NOT IN PHOTO:

Trail Bead Buddy (make tire changes in cold & wet much easier)
small chain press
quick steel epoxy
small flashlight with set of extra batteries
(mine is the LED kind that clips on to a ball cap or my helmet visor)
small can of WD-40
(what can't this stuff be used for? lube for tire beads, hand & carb cleaner, etc)
Cell phone
goggle wipes (can be used to clean the cases before using quick steel)
Map & Compass (& GPS) (yes I know how to use them quite effectively—you should too!)
Toilet paper – PLEASE dig a hole and bury your mud. Even the bears don't want to see it!
Advil, Aspirin, Tylenol – whatever your preference is. Try taking some before you ride to make for a body that isn't as sore at the end of the day

Snacks :

4 energy bars (more for the guy who has not brought snacks and has run out of energy)
2 cut up apples (easily digested sugar that won't drop off like candy)
Nuts (protein and salt)
100 oz CamelBak bladder full of water--NOT energy or sugar drinks. Might need it to clean a wound on the bike or a rider