

## FIRST AID KITS

Preparing a first aid kit for a trip will depend on many factors including: area to be visited, season, number of people in the group (including local staff and porters), duration of the trip, degree of remoteness, available rescue and medical facilities, your knowledge and ability to perform advanced procedures such as stitching wounds or giving injections, whether there is an altitude component, and whether you, as leader, are a doctor.

Pack everything in Ziplock™ plastic bags placed in see-through, strong, securely closing, waterproof containers. Clearly mark the contents on the lid. In hot climates, avoid dark containers (a silver foil bag will help keep medications cooler) and keep your first aid kit out of the sun.

Satellite phones are now readily available and should be considered for remote areas. You will need a solar battery charger, an emergency response phone list and procedure, and plenty of credit on your phone account.

The first aid kit here is a suggestion only; adjust it according to your needs. Most items mentioned are available in most developing countries (common exceptions: Steristrips™, Moleskin™, prochlorperazine (Stemetil™ suppositories, Buccastem™), methoxyflurane (Penthrox™), SAM splint™, Ziplock™ bags).

Carry a letter for customs if you are taking restricted medications such as codeine, tramadol, Penthrox™, etc.

Note: this first aid kit does not take into account personal medications, which are the responsibility of the individual.

### First Aid Kit C: Trip with good medical facilities available (within 3 hours)

<i>Pocket First Aid and Wilderness Medicine</i> , 10th edition 2 <sup>nd</sup> reprint	1
<b>INSTRUMENTS</b>	
thermometer	1
tweezers splinter type (pointed end)	1
scissors sharp: one fine, one large	1 of each
ordinary sewing needles	1 pack
safety pins	2
syringe 20ml or bigger	1
syringe 10ml (and needles)	1
syringe 2ml (and needles)	1
protective gloves	5 pairs
rubber gloves (washing-up)	1 pair
enema tube	
<b>DRESSINGS AND WOUND CARE</b>	
bandaids	20
blister 'skin' (Moleskin™, Compeed™)	1 packet
cotton buds	1 packet
gauze squares 5cm	10
sterile non-stick dressings 10cm (eg Melolin™)	5
sanitary pads (for absorbent padding)	10
plastic food wrap (Clingwrap™, Saranwrap™)	1 roll
adhesive sports tape 25mm roll	1
Leukoplast dressing tape 25mm roll	1
triangular bandages	1
cotton bandages 10cm x 1.5m	2
elastic bandages 10cm	1
crepe bandages 10cm x 1.5m	1

duct tape roll	1
closures (Steristrips™) 6mm packet	1
petroleum jelly (Vaseline™) tube	1
SAM splint™ (large)	1
<b>MEDICATIONS</b>	
<b>ALLERGY, INFLAMMATION AND ITCH</b>	
antihistamine tablets (chlorpheniramine maleate 4mg eg Piriton™, or diphenhydramine 25mg eg Benadryl™)	10
antihistamine tablets non-sedating (cetirizine, or desloratidine, or fexofenadine)	20
anti-inflammatory cream/ ointment/ gel	1
hydrocortisone cream 1% tube	1
calamine or Eurax™ cream tube	1
<b>ANTIBIOTICS</b>	
ciprofloxacin 500mg or norfloxacin 400mg	10
co-amoxiclav or amoxicillin 250mg or cefalexin 250mg	10
<b>ANTIBIOTIC/FUNGAL SKIN APPLICATIONS</b>	
antibiotic ointment (mupirocin or fucidin) tube	1
OR antibiotic powder (Neosporin)	1
antifungal cream (miconazole, clotrimazole, terbinafine)	1
<b>BURN</b>	
burn cream (silver sulfadiazine, Burnol, Butesin, or Aloe Vera)	1
<b>CONSTIPATION</b>	
laxative (Bisacodyl™)	10
<b>DIARRHOEA</b>	
loperamide (Imodium™)	10
<b>DISINFECTANT</b>	
alcohol swabs	10
povi-iodine (Betadine™) swabs	10
povi-iodine (Betadine™) bottle small	1
Dettol™ or Savlon™ small bottle	1
Dettol™ soap or alcohol hand gel	1
<b>INDIGESTION</b>	
antacid simple (Gaviscon™, etc)	10
<b>PAINKILLERS (ANALGESICS)</b>	
paracetamol 500mg tablet	20
ibuprofen 400mg tablets	20
<b>ORS (ORAL REHYDRATION SOLUTION)</b>	
eg Diorylate™, Gastrolyte™, Jeevan Jal™, Electrolyte™, Rehidrat™	5
<b>RESPIRATORY (BREATHING) PROBLEMS</b>	
phenylephrine or pseudoephedrine nasal drops/spray	1 of each
flu & sinus medication course	1
throat lozenges packet	1
asthma reliever spray (salbutamol)	1
tiger balm or eucalyptus oil	1
<b>OTHER MEDICATION</b>	
glucose tablets packet	1
<b>OTHER ITEMS</b>	
facemask for CPR (rescue breathing)	1
space blanket	1

closed cell foam mat	1 of each
spare fleece or down jacket	1 of each
whistle	1 of each
head torch	1
sunscreen	1
gas lighter	1
30m of 3mm nylon cord	1
small zip lock bags for dispensing meds	5
pencil	1
mobile	1
emergency response phone list	1
incident forms (available from <a href="http://www.treksafe.com.au">www.treksafe.com.au</a> )	2
<b>DOCTORS-ONLY BAG (for use by doctors, nurses or paramedics)</b>	
sutures with needles	1
lidocaine local anaesthetic injection	1
IV/IM anti-emetic Stemetil or Maxolon	2 ampoules
IV/IM tetanus booster	2 ampoules
IV/IM epinephrine (adrenaline)	2 ampoules
IV/IM dexamethasone 4mg (if sleeping above 2500m)	2 ampoules
pulse-oximeter (if sleeping above 2500m)	1 optional
<b>IF SLEEPING ABOVE 2500M</b>	
<b>ALTITUDE ILLNESS MEDICATIONS</b>	
acetazolamide 250mg (Diamox™)	60
nifedipine modified release (MR) or long acting (LA) 20 to 30mg	30
dexamethasone 4mg	40
<b>OTHER ITEMS</b>	
hyperbaric bag	1 PAC
<b>IF THE LEADER IS A DOCTOR</b>	
otoscope	1
ophthalmoscope	1
stethoscope	1
pulse-oximeter (if sleeping above 2500m)	1
airways	1
ambu-bag	1
sutures with needles	1
lidocaine local anaesthetic injection	1
IV/IM antibiotics	1 course
IV/IM anti-emetic Stemetil or Maxolon	5 ampoules
IV/IM antipsychotic	5 ampoules
IV/IM dexamethasone 4mg (if sleeping above 2500m)	5 ampoules
IV/IM diazepam	5 ampoules
IV/IM epinephrine (adrenaline)	2 ampoules
IV/IM tetanus booster	2 ampoules
blood volume expanders 500ml infusion bag/giving set	4 bags
ketamine anaesthetic for IM or IV injection	5 ampoules
fluorescein eye stain	5 minims
morphine or tramadol for IM injection*	5 ampoules
and/or fentanyl lozenges*	5
naloxone (Narcan™)	1