

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 D: Australian trips (vehicle first aid kit)

<i>Pocket First Aid and Wilderness Medicine</i> , 10th edition 2 nd reprint	1
INSTRUMENTS	
thermometer	1
tweezers splinter type (pointed end)	1
scissors sharp: one fine, one large	1 of each
ordinary sewing needles	1 pack
safety pins	5
forceps (artery)	2
scalpel no 15	2
disposable razors	1 packet
syringe 20ml or bigger	1
syringe 10ml (and needles)	1
syringe 2ml (and needles)	4
protective gloves	10
rubber gloves (washing-up)	2
DRESSINGS AND WOUND CARE	
bandaids	60
blister 'skin' (Moleskin™, Compeed™)	1 packet
cotton buds	1 packet
gauze squares 5cm	30
sterile non-stick dressings 10cm (eg Melolin™)	20
large wound dressing	2
sanitary pads (for absorbent padding)	20
plastic food wrap (Clingwrap™, Saranwrap™)	1 roll
adhesive tape bandage 10cm roll	1
adhesive sports tape 25mm roll	1
Leukoplast dressing tape 25mm roll	2
triangular bandages	10

cotton bandages 10cm x 1.5m	10
elastic bandages 10cm	4
crepe bandages 10cm x 1.5m	10
duct tape roll	1
closures (Steristrips™) 6mm packet	4
bottle tincture of benzoin (prone to leak!)	1
petroleum jelly (Vaseline™) tube	1
SAM splint™ (large)	2
traction splint kit (leg)	1 of each
MEDICATIONS	
ALLERGY, INFLAMMATION AND ITCH	
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
ANTIBIOTIC/FUNGAL SKIN APPLICATIONS	
antibiotic ointment (mupirocin or fucidin) tube	1
OR antibiotic powder (Neosporin)	1
antifungal cream (miconazole, clotrimazole, terbinafine)	1
BURN	
burn cream (silver sulfadiazine, Burnol, Butesin, or Aloe Vera)	1
CONSTIPATION	
laxative (Bisacodyl™)	20
DIARRHOEA	
loperamide (Imodium™)	30
DISINFECTANT	
alcohol swabs	10
povi-iodine (Betadine™) swabs	20
povi-iodine (Betadine™) bottle small	1
Dettol™ or Savlon™ small bottle	1
Dettol™ soap or alcohol hand gel	1
EYE AND EAR INFECTION	
antibiotic ointment for eye and ear (chloramphenicol or soframycin)	1 tube
saline irrigation tubes	5
HAEMORRHOID (PILES)	
haemorrhoid ointment tube	1
haemorrhoid suppositories	5
INDIGESTION	
antacid simple (Gaviscon™, etc)	20
ranitidine 150mg	10
NAUSEA & VOMITING	
prochlorperazine (as Buccastem™ buccal tablets 3mg, or Stemetil™ tablets 5mg)	20
PAINKILLERS (ANALGESICS)	
paracetamol 500mg tablet	30
aspirin 300mg tablet	10
ibuprofen 400mg tablets	30

codeine phosphate 30mg tablets*	30
tramadol 50mg capsule/tablets	30
lidocaine gel tube	1
ORS (ORAL REHYDRATION SOLUTION)	
eg Diorylate™, Gastrolyte™, Jeevan Jal™, ElectroBion™, Rehidrat™	10
RESPIRATORY (BREATHING) PROBLEMS	
phenylephrine or pseudoephedrine nasal drops/spray	1
flu & sinus medication course	2
throat lozenges packet	2
asthma reliever spray (salbutamol)	1
prednisolone 10mg tablets	30
tiger balm or eucalyptus oil	1
OTHER MEDICATION	
glucose tablets packet	1
OTHER ITEMS	
facemask for CPR (rescue breathing)	1
space blanket	1
bivvy bag 10 person	1
closed cell foam mat	1
head torch	1
gas lighter	1
30m of 3mm nylon cord	1
small zip lock bags for dispensing meds	10
square of boiled clean dry cotton sheet (1 metre)	1
pencil	1
radio	optional
mobile	1
satellite phone	1
emergency response phone list	1
incident forms (available from www.treksafe.com.au)	5
DOCTORS-ONLY BAG (for use by doctors, nurses or paramedics)	
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