

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 E: Australian trips (leader's personal first aid kit)

<i>Pocket First Aid and Wilderness Medicine, 10th edition 2nd reprint</i>	1
INSTRUMENTS	
thermometer	1
tweezers splinter type (pointed end)	1
scissors sharp: one fine, one large	1 fine
safety pins	2
syringe 20ml or bigger	1
syringe 2ml (and needles)	1
protective gloves	2
DRESSINGS AND WOUND CARE	
bandaids	10
blister 'skin' (Moleskin™, Compeed™)	1 packet
gauze squares 5cm	5
sterile non-stick dressings 10cm (eg Melolin™)	5
sanitary pads (for absorbent padding)	2
adhesive sports tape 25mm roll	1
Leukoplast dressing tape 25mm roll	1
triangular bandages	1
elastic bandages 10cm	2
crepe bandages 10cm x 1.5m	2
duct tape roll	1
closures (Steristrips™) 6mm packet	1
SAM splint™ (large)	1
MEDICATIONS	
ALLERGY, INFLAMMATION AND ITCH	
antihistamine tablets non-sedating (cetirizine, or desloratidine, or	

fexofenadine)	5
ANTIBIOTIC/FUNGAL SKIN APPLICATIONS	
antibiotic ointment (mupirocin or fucidin) tube	1
OR antibiotic powder (Neosporin)	1
BURN	
burn cream (silver sulfadiazine, Burnol, Butesin, or Aloe Vera)	1
DIARRHOEA	
loperamide (Imodium™)	5
DISINFECTANT	
alcohol swabs	2
povi-iodine (Betadine™) swabs	10
EYE AND EAR INFECTION	
saline irrigation tubes	2
INDIGESTION	
antacid simple (Gaviscon™, etc)	10
NAUSEA & VOMITING	
prochlorperazine (as Buccastem™ buccal tablets 3mg, or Stemetil™ tablets 5mg)	5
PAINKILLERS (ANALGESICS)	
paracetamol 500mg tablet	10
aspirin 300mg tablet	2
ibuprofen 400mg tablets	10
codeine phosphate 30mg tablets*	10
tramadol 50mg capsule/tablets	10
ORS (ORAL REHYDRATION SOLUTION)	
eg Diorylate™, Gastrolyte™, Jeevan Jal™, ElectroBion™, Rehidrat™	5
RESPIRATORY (BREATHING) PROBLEMS	
throat lozenges packet	1
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
spare fleece or down jacket	1
whistle	1
head torch	1
sunscreen	1
gas lighter	1
30m of 3mm nylon cord	1
pencil	1
mobile	1
satellite phone	1
emergency response phone list	1
incident forms (available from www.treksafe.com.au)	2