

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 B: Trips with only basic medical facilities available (within 3 hours)

<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	5 pairs
rubber gloves (washing-up)	1 pair
DRESSINGS AND WOUND CARE	
bandaids	20
blister 'skin' (Moleskin™, Compeed™)	1 packet
cotton buds	1 packet
gauze squares 5cm	30
sterile non-stick dressings 10cm (eg Melolin™)	10
sanitary pads (for absorbent padding)	10
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	2

cotton bandages 10cm x 1.5m	2
elastic bandages 10cm	2
crepe bandages 10cm x 1.5m	2
duct tape roll	1
closures (Steristrips™) 6mm packet	2
petroleum jelly (Vaseline™) tube	1
SAM splint™ (large)	1
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
ANTIBIOTICS	
ciprofloxacin 500mg or norfloxacin 400mg	20
co-amoxiclav or amoxicillin 250mg or cefalexin 250mg	20
flucloxacillin 500mg	40
azithromycin 500mg	10
OR erythromycin 250mg)	20
metronidazole 400mg (or tinidazole 400/500mg)	20
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™)	10
DIARRHOEA	
loperamide (Imodium™)	30
DISINFECTANT	
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
EYE AND EAR INFECTION	
saline irrigation tubes	2
HAEMORRHOID (PILES)	
haemorrhoid ointment tube	1 of each
haemorrhoid suppositories	5 pairs
INDIGESTION	
antacid simple (Gaviscon™, etc)	20
ranitidine 150mg	10
NAUSEA & VOMITING	
prochlorperazine (as Buccastem™ buccal tablets 3mg, or Stemetil™ tablets 5mg)	10

PAINKILLERS (ANALGESICS)	
paracetamol 500mg tablet	30
aspirin 300mg tablet	10
ibuprofen 400mg tablets	30
codeine phosphate 30mg tablets*	10
tramadol 50mg capsule/tablets	15
ORS (ORAL REHYDRATION SOLUTION)	
eg Diorylate™, Gastrolyte™, Jeevan Jal™, ElectroBion™, Rehidrat™	10
RESPIRATORY (BREATHING) PROBLEMS	
phenylephrine or pseudoephedrine nasal drops/spray	1 of each
flu & sinus medication course	2
throat lozenges packet	2
asthma reliever spray (salbutamol)	1
prednisolone 10mg tablets	60
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 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
square of boiled clean dry cotton sheet (1 metre)	1
pencil	1
radio	Optional
mobile	1
satellite phone	Optional
emergency response phone list	1
incident forms (available from www.treksafe.com.au)	5 pairs
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
IV/IM dexamethasone 4mg (if sleeping above 2500m)	2 ampoules
pulse-oximeter (if sleeping above 2500m)	1 optional
IF SLEEPING ABOVE 2500M	
ALTITUDE ILLNESS MEDICATIONS	
acetazolamide 250mg (Diamox™)	60
nifedipine modified release (MR) or long acting (LA) 20 to 30mg	30
dexamethasone 4mg	40
OTHER ITEMS	

hyperbaric bag	1 PAC
IF THE LEADER IS A DOCTOR	
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