

## UIAA Mountain Medicine Centre Information Sheet 5

Intended Distribution: Mountaineers, Medical Personnel  
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### FIRST AID KITS: MEDICAL EQUIPMENT

Whilst it is possible to suggest a Medical kit that will offer drugs or equipment for a very wide variety of emergencies, expeditions vary widely in their requirements and the expertise of their medical personnel. Judgements have to be made about the scale of equipment to be carried. As a basis, below are listed the drugs and equipment taken on a major expedition to a remote area of Tibet, for seven British members, Tibetan and Nepalese staff - "Sig." refers to what is written on each bottle).

In addition to medical equipment thought should be given to rescue facilities, the question of intravenous infusions, bottled oxygen, medical / repatriation insurance, a PAC chamber, immunisation requirements and medical defence ('malpractice') insurance for the doctor.

Many of the drugs here require a prescription (which will usually be private), and some are controlled drugs (CD). These are unlikely to be dispensed at all unless a medical practitioner is a team member. There are legal requirements for the transport of drugs from Britain (see Information Sheet 7), but if a detailed list of drugs accompanying the expedition is produced, this usually seems to satisfy the requirements of various countries entry policies. Such a list also provides a useful reference for expedition members (when a doctor is not present) and prescriptions for the dispensing pharmacist.

A written statement covering the drugs may be helpful:

**British \*\*\*\*\* Expedition 20\*\*** *These drugs are for the personal use of the members of the expedition during (dates). All drugs are labelled and listed. Any unused drugs will be re-exported from \*\*\*.*

Signed: Doctor

Signed: Leader

Date:

It should be noted that these notes are simply the personal opinion of the author, based upon experience - whilst every effort has been made to check all details, drug doses in particular should not be regarded as authoritative.

PAINKILLERS		
DRUG	Sig.	No.
PARACETAMOL 500mg TABLETS	TAKE 2 EVERY 4 HOURS	100
CODEINE PHOSPHATE TABLETS PAIN/DIARROHOEA 30mg	TAKE 2 EVERY 4 HOURS	200
DICLOFENAC 50mg TABLETS	PAIN:TAKE ONE 3 TIMES DAILY	100
DIAMORPHINE 10mg TABLETS (CD)	SEVERE PAIN:ONE EVERY SIX HOURS	50
DIAMORPHINE 5mg INJECTION (CD)	VERY SEVERE PAIN: ONE EVERY SIX HOURS	10

ALTITUDE SICKNESS		
DRUG	Sig.	No.
ACETAZOLAMIDE 250mg TABLETS	TAKE ONE TABLET TWICE DAILY	30
NIFEDIPINE 10mg TABLETS	TAKE TWO TABLETS THREE TIMES DAILY	50
DEXAMETHASONE 2mg TABLETS	TAKE TWO TABLETS FOUR TIMES DAILY	50
DEXAMETHASONE 8mg INJECTION (2ml VIALS)	GIVE ONE 4mg INJECTION TIMES DAILY i.e. 1ml	4 10

Each climbing team carries a small first aid kit (bandages &c) and a single bottle containing dexamethasone tablets and nifedipine capsules:

SEVERE ALTITUDE SICKNESS	
DEXAMETHASONE 2mg TABLETS NIFEDIPINE 10mg TABLETS	& TAKE TWO OF EACH THREE TIMES DAILY & COME DOWN!

SEVERE ALTITUDE SICKNESS	
PORTRABLE ALTITUDE CHAMBER + REPAIR KIT + INSTRUCTION MANUAL + ALTIMETER WATCH	

INFECTIONS		
DRUG	Sig.	No.
AMOXYCILLIN CAPSULES	500mg ANTIBIOTIC: TAKE ONE CAPSULE 3 TIMES DAILY	60
CIPROFLOXACIN TABLETS	500mg ANTIBIOTIC: TAKE ONE TWICE A DAY	20
OXTETRACYCLINE TABLETS	250mg ANTIBIOTIC: TAKE ONE FOUR TIMES DAILY	50
CEFOTAXIME INJECTION	2G ANTIBIOTIC: GIVE ONE2G INJ 3 TIMES DAILY	12
METRONIDAZOLE TABLETS	400mg ANTIBIOTIC: TAKE ONE TABLET 3 TIMES DAILY	50
TINIDAZOLE 500mg TABLETS	AMOEBIC DYSENTERY: TAKE 4 TABLETS THEN ONE TWICE DAILY	28
QUININE 600mg TABLETS	MALARIA: TAKE ONE 8 HOURLY FOR 7 DAYS	21

MEBENDAZOLE TABLETS	100mg	WORMS: TAKE ONE TWICE DAILY FOR 3 DAYS	12
RABIES VACCINE Read instructions		DOGBITES: GIVE ONE INJECTION IN ARM	3

EYES, EARS, SKIN ETC.		
DRUG	Sig.	No.
CHLORAMPHENICOL OINTMENT 4G	EYE APPLY THREE TIMES DAILY	3 TUBES
ANUSOL CREAM	FOR PILES: THREE TIMES DAILY	1 TUBE
BETNOVATE OINMENT 100G	FOR SEVERE SUNBURN: APPLY TWICE ONLY	2 TUBES
MALATHION 50ml	LICE, SCABIES, BUGS: SEE BOTTLE	2 BOTTLES
PIRITON 4mg TABS	ITCHING: ONE 3 TIMES DAILY	20
VARIOUS LOZENGES*	THROAT FISHERMAN'S FRIEND, STREPSILS, ZUBES, OTHERS	28 PACKETS
OTOSPORIN EAR DROPS 5ml	ITCHY EARS: 3 TIMES DAILY	2 BOTTLES
CALAMINE LOTION	SKIN LOTION	100ml
SUNBLOCK CREAM	RoC SPF 25 TUBES	21
SUNBLOCK LIPSALVE	RoC SPF 15 STICKS	21
KY LUBRICATING JELLY	42G	1 TUBE
TINCTURE OF IODINE	25ml	BOTTLE

GASTROINTESTINAL		
DRUG	Sig.	No.
LOPERAMIDE 2mg TABLETS	DIARRHOEA: TWO, THEN ONE 4 x DAILY	100
RANITIDINE 150mg TABLETS	INDIGESTION: ONE TWICE DAILY	20
GAVISCON TABLETS	INDIGESTION: 1-2, 4 HOURLY	100
DIORALATE TABLETS OR SIMILAR ELECTROLYTES	REHYDRATION: ONE IN WATER AS REQUIRED	20

**INSTRUMENTS ETC.**

STETHOSCOPE	1
OPHTHALMOSCOPE	1
AURISCOPE	1
FOLEY CATHETER	1
BM STIX (URINE TESTING)	1
SYRINGES 2ml, 5ml	10
NEEDLES	15
SCALPEL + BLADES	1+3
SCISSORS	2
SPENCER-WELLS FORCEPS	1
TWEEZERS	2
POT. PERMANGANATE TABS	30
LIGNOCAINE INJ. 5ml	10
WATER FOR INJECTION 5ml	20
SPARE EMPTY PILL BOTTLES + LABELS	14

**DRESSINGS ETC.**

CREPE BANDAGES 3"	14
ELASTOPLAST ADHESIVE BANDAGES 2" & 3"	14 MIXED
MELONIN 4" X 4" DRESSINGS	28
TULLE DRESSINGS	14
ELASTOPLASTS, VARIOUS	56
STERISTRIPS, VARIOUS	14
SUTURES, VARIOUS	7
ALCOHOL SWABS	50

**ADDITIONAL ITEMS (TO CONSIDER)**

DENTAL KIT

SEDATIVE DRUGS, SLEEPING TABLETS

INFLATABLE SPLINTS

Updated October 2002 by Dr Charles Clarke FRCP

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