

## 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 30mg	PAIN/DIARRHOEA 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 4 TIMES DAILY i.e. 1ml	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	
PORTABLE ALTITUDE CHAMBER + REPAIR KIT + INSTRUCTION MANUAL + ALTIMETER WATCH	

INFECTIONS		
DRUG	Sig.	No.
AMOXICILLIN 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 ONE 2G 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	3	12
RABIES VACCINE instructions	Read	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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