

Remote region medical kit

The following is an example of the contents of a medical kit for expeditions; the list may be useful as a check list when preparing kits for other types of expeditions.

Antimicrobials	Amounts	Antimicrobials	Amounts
Ceftriaxone for injection 1g	5 amps	Canesten cream	20g x 6
Chloramphenicol ointment 1%	3 x 4g	Daktarin twin pack	2
Clarithromycin 250mg	40 tabs	E45 cream	50g tube
Ciprofloxacin 500mg	50 tabs	Flamazine cream	50g tube
Flucloxacillin 500mg	100 caps	Fluconazole 150mg tabs	4
Mebendazole 100mg	20 tabs	Hydrocortisone cream 1%	15g x 6
Metronidazole 400mg	100 tabs	Magnesium sulphate paste	50g x 1
Metronidazole suppositories 1g	10	Malathion lotion	50ml x 2
Penicillin V 250mg	100 tabs	Savlon concentrate	100ml
Quinine sulphate	50 tabs	Tisept sachets	25 ml x 15
Rabies vaccine 1ml	5	Sunblock SPF 25+	
Rabies immunoglobulin	1		
Doxycycline 100mg	80 tabs		
		Altitude	
Painkillers, local anaesthetics/ sedatives		Acetazolamide 250mg	250 tabs
Aspirin 300mg	100 tabs	Dexamethasone 2mg	40
Co-codamol 30/500	80 tabs	Nifedipine caps 20mg	20
Diclofenac 50mg	100 tabs		
Ibuprofen 400mg	80 tabs	Other medication	
Ketamine for inj (500 mg/10ml)	2	Multivitamins with minerals	500
Lidocaine 1% for inj	5mls x 10	Dimenhydrinate 50mg	40
Lidocaine gel	2		
Lorazepam for inj 1mg	5 amps	Dressings	
Midazolam for inj (10mg/5ml)	5	Adhesive plasters	50 assorted
Paracetamol 500mg	100 tabs	Alcohol swabs	100 x 2
Tetracaine eye drops	6 minims	Cotton wool	4 packets
Tramadol for inj 100mg	5 amps	Crepe bandages 7.5cm	4
Zopiclone 7.5mg	20 tabs	Dressing No. 15	2
		Eye dressing No. 16	4
Gastrointestinal		Fluorescein eye test strips	10
Bisacodyl	20	Gallipot	5
BiSoDol	100 tabs	Gauze swabs 5 x 5 sqcm	100
Dioralyte sachets	100	Melolin dressing 10 sqcm	5
Loperamide	50 caps	Melolin dressing 5 sqcm	5
Prochlorperazine 5mg	56 tabs	Micropore tape 2.5 cms	2 rolls
Ranitidine (Zantac) 150mg	60 tabs	Ribbon gauze	2 rolls
Stemetil for inj 12.5mg	5 amps	Steri-strips, assorted	4 packets
Stemetil suppositories 25 mg	10	Triangular bandages	8
		Tubigrip (knee/ankle)	10m of ea.
Cardiovascular		Tubnette (size 01)	5m
Atenolol 50mg	20 tabs	Tubnette finger applicator	1
Atropine for inj 600mcg	5 amps	Vaseline gauze 10 sqcm	10
Enoxaparin (Clexane) 80mg	10	Zinc oxide roll plaster	2 rolls
Glyceryl trinitrate spray	1	Velband 7.5 cm	4 rolls
		Gypsona Plaster of Paris 15 cm	4
Respiratory/allergy			
Adrenaline 1:1000	10 x 1ml	Injection equipment and intravenous fluids	
Aminophylline 250 mg/10ml	4	2ml, 5ml, 10ml syringes	20 of ea.
Beclomatasone inh. 100 mcg	2	Blue, green, orange needles	20 of ea.
Chlorphenamine 4mg	60 tabs	iv cannulae 14G, 18G	10 of ea.
Chlorphenamine inj 10mg	5 amps	Giving sets	5
Hydrocortisone inj 100mg	5 amps	Normal saline 1L	6
Prednisolone 5mg	100 tabs	Gelofusine	500ml x 8
Salbutamol inhaler (Ventolin)	2	Dextrose 5%	500ml x 4
Creams and ointments		Abbreviations:	
Acylovir cream (Zovirax)	2g x 6	ea = each, L = litre, ml = millilitre, cm =	
Anusol cream	1	centimetres, iv = intravenous, sq =	
Bactroban cream	15g x 6	square, G = gauge, g = gram, mg = mil-	
Betadine	100ml	ligram, mcg = microgram, amps = am-	
Betnesol-N ear drops	10mls x 4	poules, inh. = inhaler, SPF = sun	
		protection factor, inj = injection	