



Expedition medical kit

Introduction

The expedition medical kit was assembled following specialist training for travel into remote regions of the world, provided by Wilderness Medical Training - www.wildernessmedicaltraining.co.uk - augmented by additional advice from James Moore at the Travel Health Consultancy - www.travelhealthconsultancy.co.uk. The kit includes a number of prescription items for use overseas. The list is a snapshot of items, and, as such, includes replacement items purchased abroad whose dosage may vary from those obtainable in the UK.



Disclaimer

Details of the medical kit have been provided strictly in accordance with the Terms & Conditions of Use, available at www.acrosscontinents.org. The list is illustrative rather than definitive, and no inference as to the utility, or otherwise, of a given item should be drawn from its inclusion, or omission. Where stated, the purpose and indicated dosage of items is also illustrative rather than definitive. Before assembling any medical kit appropriate advice should be obtained from a recognised travel health professional. Self-medication should never be attempted without appropriate training.

Importation

Whilst every care has been taken to ensure that possession of the contents of the kit is lawful in the countries being visited, it remains an individual responsibility to check¹ this before entry.

Carriage

The medical kit is divided between a First Aid organiser and a fabric stuff sack, the latter containing bulkier items such as creams and bandages. A medical field handbook is carried separately.

Guidance

Oxford Handbook of Expedition and Wilderness Medicine²
[Oxford University Press ISBN 978-0-19-929661-3]

Patient Information Sheets – included with each item

Wilderness Medical Training course notes – extracts – in First Aid organiser, together with Rabipur (Rabies vaccine) Patient Information Sheet

¹ For example, in some nations possession of codeine – not included in this medical kit – is a serious criminal offence that can lead to detention, and lengthy sentences of imprisonment, often in basic conditions

² Compact size with plasticised cover

First Aid organiser - contents

The kit is carried in a LifeSystems First Aid Organiser

Soluble Asprin³ 300 mg tablets x 16

Ibuprofen⁴ 400⁵ mg tablets x 36

Paracetamol 500⁶ mg tablets x 38

Tramadol⁷ 50 mg capsules x 20

Amethocaine⁸ HCl 1% Minims x 2

Lignocaine⁹ injection 1% 2 ml x 2

Metronidazol¹⁰ 250 mg x 56 tablets

Chlorphenamine¹¹ 4 mg tablets x 28

Co-Amoxiclav¹² 250/125 mg tablets x 21 – single course

Senna tablets¹³ x 20

Buccastem¹⁴ 3 mg tablets x 30

Loperamide¹⁵ 2 mg tablets x 10

2 mg tablets x 6 – Imodium brand

Ciprofloxacin¹⁶ 250 mg tablets x 10

Ciprofloxacin¹⁷ 250 mg tablets – Ciprofloxacinum 250 mg

Electrolade oral rehydration powder¹⁸ x 2 sachets – 200 ml each

³ Anti-inflammatory for muscular strains and sprains, pain and fever. One to 3 tablets every 4 hours. Maximum 12 in 24 hours

⁴ Anti-inflammatory for muscular strains and sprains. One tablet 3 times per day

⁵ Adult dose. 300 mg tablets x 50 also carried separately

⁶ Up to two tablets every 4-6 hours, maximum 8 in 24 hours. Further 500 mg tablets x 37 carried separately

⁷ Relief of moderate to severe pain. Up to two tablets every 4-6 hours, maximum 8 in 24 hours

⁸ Single use, sterile eye drops for use as local anaesthetic

⁹ Local anaesthetic

¹⁰ As for Metronidazole, but lower dose (250 mg v 400 mg) than UK supplied items. 56 tablets allows for 2 tablets 3 times a day for one dose in excess of 9 days (normally taken for no more than 7 days)

¹¹ Antihistamine for insect bites, hayfever and skin allergies. One tablet 3-4 times a day

¹² Broad spectrum penicillin based antibiotic – One tablet 3 times a day for 7 days

¹³ Laxative. Two tablets at night

¹⁴ Treatment of severe nausea, vomiting or vertigo. One or 2 tablets twice daily

¹⁵ Anti-diarrhoeal. Two tablets as a single dose, then one after each loose stool. Maximum 8 in 24 hours. Also known under brand name Imodium

¹⁶ Treatment of travellers diarrhoea. Two tablets as a single dose, repeat twice daily for further 3 days if required

¹⁷ Treatment of travellers diarrhoea. Two tablets as a single dose, repeat twice daily for further 3 days if required

¹⁸ One to 2 sachets per loose motion. Maximum 16 sachets in 24 hours

Malarone¹⁹ tablets x 36 – 36 days supply
Coartem malaria²⁰ stand-by treatment – tablets x 24 – single course

3M Cavit W tooth temporary filling material 7g paste x 1
Amoxicillin²¹ 1000²² mg tablets x 10 (for dental pain)

Silk braided non-absorbable suture – sterile x 1
Steri-Strip skin closures – 6 mm x 75 mm – single use x 1

Syringes - sterile 2 ml x 2
 5 ml x 2
 10 ml x 1

Needles – for use with syringes – sterile 0.5 mm x 24 mm x 1
 0.6 mm x 25 mm x 2
 0.8 mm x 40 mm x 2
 1.1 mm x 40 mm x 1

Disposable antiseptic cleansing tissue x 6
Pre-injection swabs x 8

Scalpel – sterile – single use x 1

Catheter 18G x 51 mm - sterile

Lypsyl anti-chap lip stick x 1

Zovirax cold sore cream 2g tube x 1

Latex gloves – one pair

Lifesystems water purification tablets x 50²³ tablets – small bottle

Sterile dressing – 5 cm x 5 cm – x 1

¹⁹ Anti-malarial

²⁰ P.falciparum – but use for all as a stand-by

²¹ Treatment of bacterial infections of the ear, respiratory tract (e.g. lungs and chest), urinary tract (e.g. kidneys and bladder), skin and gastrointestinal tract, such as typhoid

²² Obtained in Turkey (Amoklavin BID) - UK dose normally 250 mg or 500 mg – for 1000 mg, take 2 per day with food

²³ Two per litre of water, approximately 30 mins to sterilise. Emergency us

Sterile dressing – 10 cm x 10 cm – x 1
Absorbent gauze swabs – single pack of 5 – 100 mm x 100 mm - 12 ply – sterile
Cling film – square carried in plastic bag
Assorted plasters

Safety pins – 4 large, 4 small

Recta miniature compass

LIFESAVER bottle carbon inserts²⁴ x 3

LIFESAVER bottle teats x 2

Stuff sack - contents

The kit is carried in an Outdoor Designs (Size M) fabric stuff sack

Anusol cream²⁵

Hydrocortisone cream²⁶ 1%

Clotrimazole²⁷ cream

Sanavita oral rehydration salts powder – x 10 sachets - one litre each

Crepe bandage – 5 cm width²⁸

Strappal white adhesive fabric tape – 2.5 cm width²⁹

Mosquito head net, plus small yellow stuff sack

Lifesystems Expedition 50 (50% DEET) insect repellent – 50 ml

Water sterilisation kit

The kit is carried in an Outdoor Designs (Size XS) fabric stuff sack, held within the larger medical stuff sack

Lifesystems chlorine tablets – foil wrapped³⁰ - typically 176 carried

²⁴ Life approximately 250 litres

²⁵ Relief from pain and discomfort associated with piles

²⁶ Relief of mild to moderate eczema, insect bites and contact dermatitis

²⁷ Anti-fungal for skin infections

²⁸ Not full length – cut down to approximately 2 m

²⁹ Not full length – cut down to approximately 2 m

³⁰ One per litre of water, approximately 30 mins to sterilise. Also used to sterilise bottles and toothbrush

Lifesytems water pre-treatment fabric cone filter

Note: LIFESAVER bottle spares carried in First Aid organiser