

REMOTE REGION MEDICAL KIT

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Quantities are for a group of ten persons on a six-week high-altitude mountaineering expedition. The list may be useful as a check list when preparing kits for other types of expeditions, see notes below for other environments.

<u>Antimicrobials</u>	<u>Amounts</u>	<u>Painkillers, Local Anaesthetics/Sedatives</u>	
Ceftriaxone for injection 1g	5 amps	Aspirin 300mg	100 tablets
Chloramphenicol ointment 1%	3 x 4g	Co-codamol 30/500	80 tablets
Clarithromycin 250 mg	40 tablets	Diclofenac 50mg	100 tablets
Ciprofloxacin 500mg	50 tablets	Ibuprofen 400mg	80 tablets
Flucloxacillin 500mg	100 caps	Ketamine for injection (500mg/10ml)	2
Mebendazole 100mg	20 tablets	Lidocaine 1% for injection	5mls x 10
Metronidazole 400mg	100 tablets	Lidocaine gel	2
Metronidazole suppositories 1g	10	Lorazepam for injection 1mg	5 amps
Penicillin V 250mg	100 tablets	Midazolam for injection (10mg/5ml)	5
Quinine sulphate	50 tablets	Paracetamol 500mg	100 tablets
Rabies vaccine 1ml	5	Tetracaine eye drops	6 minims
Rabies immunoglobulin	1	Tramadol for injection 100mg	5 amps
Doxycycline 100mg	80 tablets	Zopiclone 7.5mg	20 tablets
<u>Gastrointestinal</u>		<u>Cardiovascular</u>	
Bisacodyl	20	Atenolol 50mg	20 tablets
BiSoDol	100 tablets	Atropine for injection 600mcg	5 amps
Dioralyte sachets	100	Enoxaparin (Clexane) 80mg	10
Loperamide	50 caps	Glyceryl trinitrate spray	1
Prochlorperazine 5mg	56 tablets		
Ranitidine (Zantac) 150mg	60 tablets		
Stemetil for injection 12.5mg	5 amps		
Stemetil suppositories 25 mg	10		
<u>Respiratory/Allergy</u>		<u>Altitude</u>	
Adrenaline 1:1000	10 x 1ml	Acetazolamide 250mg	250 tablets
Aminophylline 250mg/10ml	4	Dexamethasone 2mg	40
Beclomatasone inh. 100mcg	2	Nifedipine caps 20mg	20

Chlorphenamine 4mg	60 tablets	
Chlorphenamine inj10mg	5 amps	
Hydrocortisone inj100mg	5 amps	
Prednisolone 5mg	100 tablets	
Salbutamol inhaler (Ventolin)	2	
<u>Other Medication</u>		
Multivitamins with minerals	500	
Dimenhydrinate 50mg	40	
DRESSINGS and NON-MEDICATIONS		
<u>Creams and Ointments</u>		<u>Dressings</u>
Acyclovir cream (Zovirax)	2g x 6	Adhesive plasters
Anusol cream	1	50 assorted
Bactroban cream	15g x 6	Alcohol swabs
Betadine	100ml	100 x 2
Betnesol-N ear drops	10mls x 4	Cotton wool
Canesten cream	20g x 6	4 packets
Daktarin twin pack	2	Crepe bandages 7.5cm
E45 cream	50g tube	4
Flamazine cream	50g tube	Dressing No. 15
Fluconazole 150mg tablets	4	2
Hydrocortisone cream 1%	15g x 6	Eye dressing No. 16
Magnesium sulphate paste	50g x 1	4
Malathion lotion	50ml x 2	Fluorescein eye test strips
Savlon concentrate	100ml	10
Tisept sachets	25mls x 15	Gallipot
Sunblock SPF 25+		5
		Gauze swabs 5 x 5cm.sq
		100
		Melolin dressing 10 cm. sq.
		5
		Melolin dressing 5 cm.sq. 5
		2 rolls
		Micropore tape 2.5cms
		2 rolls
		Ribbon gauze
		2 rolls
		Steri-strips, assorted
		4 packets
		Triangular bandages
		8
		Tubigrip (knee/ankle)
		10m of ea.
		Tubinette (size 01)
		5m
		Tubinette finger applicator
		1
		Vaseline gauze 10cm.sq
		10
		Zinc oxide roll plaster
		2 rolls
		Velband 7.5cm
		4 rolls
		Gypsona Plaster of Paris 15cm
		4
<u>Injection Equipment and intravenous fluids</u>		
2ml, 5ml, 10ml syringes	20 of ea.	
Blue, green, orange needles	20 of ea.	
iv cannulae 14G, 18G	10 of ea.	
Giving sets	5	
Normal saline 1L	6	
Gelofusine	500ml x 8	
Dextrose 5%	500ml x 4	

Abbreviations: ea. = each, L = litre, ml = millilitres, cm = centimetres, i.v. = intravenous, sq. = square, G = gauge, g = gram, mg = milligrams, mcg = micrograms, amps = ampoules, inh. = inhaler, SPF = sun protection factor, inj = injection