

EXPEDITION FIRST AID KIT (party of 4 in remote area) 1160g + First aid manual (Cicerone First Aid and Wilderness Medicine -Dr Jim Duff, Dr Ross Anderson) 220g = 1380g

FIRST AID 7.5cm X 7.5cm gauze pads 10 10cmx10cm large sterile dressing 2 10cm x 10cm non-adherent pads 10 Butterflies Steri-Strips 18 Mediswabs 5 2.5cm Band-aids 32 in bag Tampons for cotton wool 7 sewing needle 1 scalpel 1 / razor blade 1 gloves latex x2; syringe for washing in bag straw for hiccups/ wound wash 10cm elastic bandage 2 (1 separate) 2.4cmx5m adhesive tape (1 roll) MEDICATIONS GUT in bag: Diarrhoea Gastrolyte sachets x4 (200ml) Loperamide (Imodium) x10 (2 start, 1 6h, max 8/day) Lofenoxal (Lomotil) 2.5mg x10 (1start, 1 6h, max 8/day) Ciprofloxacin 500mg x42 (2/day 7d, before food) DANGER – USE ONLY FOR TYPHOID Azithromycin 500mgx12 (500mg/day) CIPRO RESISTANT Tinadazole (Fasigyn, Simplotan) 500mg x12 (4 with food) Constipation Coloxyl and senna 4 (1-2 at night, up to 4 for constipation) Gaviscon antacid 8 x 250mg Ondansetron wafer 4mg x 3 (1 on tongue for vomiting)	SKIN EYE EAR in bag Mupirocin ointment (15g tube) (3/d) skin wounds Chloramphenicol (Chlorsig) eye ointment (apply 4/d) Clotrimazole antimycotic 15g Zovirax (aciclovir) cold sores Prednisone tablets 25mgx6 (2/d 3d with food) Waxsol earwax removal PAIN in bag Paracetamol 30x500mg Codeine phosphate 20x30mg (4/d) Ibuprofen (Nuro) 11x200mg (1start, 1 4-6h, max 6/day) Tramadol 17 x 50mg (1-2, 3/d) OTHER in bag Claratyne loratidine antihistamine 25x10mg (1/d) allergies Acetazolamide (Diamox) 250mgx15 (½ tab before altitude) Aspirin 300mgx12 Respiratory illness Roxithromycin (Rulide, Biaxig) 150mgx4&300mgx20 (2x150mg/d 5d OR 1x300mg/d, before food) Cephalexin 500mgx40 (also for wounds) (4/d 5d) Flucloxacillin 500mg x 10 (4/d, 5d) staph ALLERGY? (12.5mg up to 500mg 4x/day) Covid SEPARATE RAT tests 4 complete + facemasks 10 Paxlovid 2 treatments within 5 days.
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LODGE TREKKING FIRST AID KIT 275g

SUPPLIES 7.5cm X 7.5cm gauze pads 10 5cm x 5 cm sterile dressing 3 Butterflies SteriStrip 15 Mediswabs 4 2.5cm Band-aids 14 (non-allergic) 3cm rolled bandage Medipulv 12g Betadine antiseptic ointment 25g Scalpel 1 Tweezers 1 Needle 1 Razor blade 1 Tampons 2 (cotton wool)	DRUGS Lofenoxal (Lomotil) 6x2.5mg (1start, 1 6h, max 8/day) Claratyne (=Loratidine) antihistamine 20 x 10mg (1/d) Caltrate 5 x 600mg Paracetamol 12 x 500mg Ibuprofen (Nuro) 12x200mg (1start, 1 4-6h, max 6/day) Codeine phosphate 10 x 30mg (4/d) Tramadol 10 x 50mg (1-2, 3/d) Gaviscon 6 x 250mg Travelbug x 4 Straw for hiccups Glycerin suppositories 1 10cm bandage, clips, gloves, syringe SEPARATE
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EVERYDAY FIRST AID KIT 70g

SUPPLIES 2.5cm Band-aids 16 (non-allergic) Tweezers 1 Needle 1 Straw for hiccups Blue piksters 2 sachet coffee 2	MEDICINES Paracetamol 6 x 500mg Aspirin 6 x 300mg Lofenoxal (Lomotil) 6x2.5mg (1start, 1 6h, max 8/day) Claratyne (=Loratidine) antihistamine 14 x 10mg (1/d) Gaviscon 4 x 250mg Travelbug x 3 Abalon A (allergy eye drops) Acyclovir (Zovirax cold sore ointment)
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