

## First aid kits for Nepal

**The large first aid kit** is for more remote areas where you may have a guide and porter and the trekking company may even provide a first aid kit. Our experience is that these kits are often rudimentary or out-of-date unless you are with a large expedition. Useful for treks such as Kangchenjunga or Inner Dolpo.

**The small first aid kit** is intended for use on independent treks where you are carrying your own equipment and staying in village lodges, eating local food and directly benefitting local communities. If you have a guide and/or porter, then they will expect you to provide your own first aid kit usually. Useful for treks such as Jiri to Khumbu and out to Tumlingar, or around Annapurna or Manaslu.

### LARGE FIRST AID KIT 780g (FOR FOUR PEOPLE) + \*First aid manual 220g

<p><b>SUPPLIES</b>            7.5cm X 7.5cm gauze pads 10            10cm x 10cm non-adherent pads 10            10cmx10cm large sterile dressing 2            Mediswabs 5            Butterflies Steri-Strips 15            2.5cm Band-aids 28            Tampons for cotton wool 7            Stingose 2            sewing needle 1            scalpel 1 / razor blade 1            gloves latex x2; syringe for washing            10cm elastic bandage 2 <b>SEPARATE</b>            2.4cm adhesive tape (1 roll) <b>SEPARATE</b></p> <p><b>MEDICATIONS</b>  <b>Diarrhoea</b>            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 x44 (2/day 7d, before food)            Azithromycin 500mgx12 (500mg/day) CIPRO RESISTANT            Tinadazole (Fasigyn, Simplotan) 500mg x16 (4 with food)</p> <p><b>Constipation</b>            Coloxyl and senna 4 (1-2 at night, up to 4 for constipation)            Gaviscon antacid 8 x 250mg</p>	<p><b>Skin problems</b>            Bactoban 1% cream (15g tube)</p> <p><b>Respiratory illness</b>            Roxithromycin (Rulide, Biaxig) 150mgx4&amp;300mgx20            (2x150mg/d 5dOR1x300mg/d, before food)            Cephalexin 500mgx40 (also for wounds) (4/d 5d)            Flucloxacillin 500mg x 10 (4/d, 5d) staph ALLERGY?</p> <p><b>Painkillers</b> (in bag)            Paracetamol 30x500mg            Codeine phosphate 20x30mg (4/d)            Ibuprofen (Nuro) 12x200mg (1start, 1 4-6h, max 6/day)            Tramadol 17 x 50mg (1-2, 3/d)</p> <p><b>Eye and ear problems</b>            Neomycin (Nemdyn) ear ointment (apply 3/d)            Chloramphenicol (Chlorsig) eye ointment (apply 4/d)            Prednisone tablets 25mgx6 (2/d 3d with food)            Abalon A antihistamine eye drops 15ml</p> <p><b>Other</b>            Claratyne loratidine antihistamine 25x10mg (1/d) allergies            Acetazolamide (Diamox) 250mgx6 (½ tab before altitude)            Hydrocortisone cream 1% 15g            Aspirin 300mgx12            Clotrimazole antimycotic 15g            Ondansetron wafer 4mgx4 (1 on tongue for vomiting)</p>
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### Small FIRST AID KIT 300g

<p><b>SUPPLIES</b>            7.5cm X 7.5cm gauze pads 10            5cm x 5 cm sterile dressing 3            2.5cm Band-aids 20 (non-allergic)            3cm rolled bandage            Butterflies SteriStrip 18            Mediswabs 4            Medipulv 12g            Betadine antiseptic ointment 25g            Scalpel 1            Tweezers 1            Needle 1            Razor blade 1            Tampons 2 (cotton wool)</p>	<p><b>DRUGS</b>            Lofenoxal (Lomotil) 8x2.5mg (1start, 1 6h, max 8/day)            Claratyne (=Loratidine) antihistamine 20 x 10mg (1/d)            Caltrate 5 x 600mg            Paracetamol 15 x 500mg            Ibuprofen (Nuro) 12x200mg (1start, 1 4-6h, max 6/day)            Codeine phosphate 6 x 30mg (4/d)            Tramadol 10 x 50mg (1-2, 3/d)            Gaviscon 7 x 250mg            Travelbug x 2            Abalon A (allergy eye drops)            Water purifying tabs 10 (1/litre)            Straw for hiccups            Glycerin suppositories 1            10cm rolled bandage, clips, gloves <b>SEPARATE</b></p>
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\* The excellent **Pocket First Aid and Wilderness Medicine** by Drs Jim Duff and Peter Gormley, available from [www.treksafe.com.au](http://www.treksafe.com.au) for \$A19.95 plus postage

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