

First aid kits for Nepal and Camino

The **small first aid kit Nepal** 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.

The **large first aid kit Nepal** 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 Our experience is that these kits are often rudimentary or out-of-date unless you are with a large expedition.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.

Small FIRST AID KIT NEPAL (day walks) 300g

SUPPLIES	DRUGS
7.5cm X 7.5cm gauze pads 10	Lofenoxal (Lomotil) 8x2.5mg (1start, 1 6h, max 8/day)
5cm x 5 cm sterile dressing 3	Claratyne (=Loratidine) antihistamine 20 x 10mg (1/d)
2.5cm Band-aids 20 (non-allergic)	Caltrate 5 x 600mg
3cm rolled bandage	Paracetamol 15 x 500mg
Butterflies SteriStrip 18	Ibuprofen (Nuro) 11x200mg (1start, 1 4-6h, max 6/day)
Mediswabs 4	Codeine phosphate 6 x 30mg (4/d)
Medipulv 12g	Tramadol 10 x 50mg (1-2, 3/d)
Betadine antiseptic ointment 25g	Gaviscon 6 x 250mg
Scalpel 1	Travelbug x 2
Tweezers 1	Abalon A (allergy eye drops)
Needle 1	Water purifying tabs 10 (1/litre)
Razor blade 1	Straw for hiccups
Tampons 2 (cotton wool)	Glycerin suppositories 1
	10cm rolled bandage, clips, gloves SEPARATE

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LARGE FIRST AID KIT NEPAL 780g (party of 4 in remote area) + First aid manual 220g*

SUPPLIES	SKIN AND SKIN WOUND PROBLEMS
7.5cm X 7.5cm gauze pads 10	Mupirocin ointment (15g tube) (3/d)
10cm x 10cm non-adherent pads 10	Respiratory illness
10cmx10cm large sterile dressing 2	Roxithromycin (Rulide, Biaxig) 150mgx4&300mgx20
Mediswabs 5	(2x150mg/d 5d OR 1x300mg/d, before food)
Butterflies Steri-Strips 15	Cephalexin 500mgx40 (also for wounds) (4/d 5d)
2.5cm Band-aids 28	Flucloxacillin 500mg x 10 (4/d, 5d) staph ALLERGY?
Tampons for cotton wool 7	Painkillers (in bag)
Stingose 2	Paracetamol 30x500mg
sewing needle 1	Codeine phosphate 20x30mg (4/d)
scalpel 1 / razor blade 1	Ibuprofen (Nuro) 12x200mg (1start, 1 4-6h, max 6/day)
gloves latex x2; syringe for washing	Tramadol 17 x 50mg (1-2, 3/d)
straw for hiccups/ wound wash	Eye and ear problems
10cm elastic bandage 2 SEPARATE	Neomycin (Nemdyn) ear ointment (apply 3/d)
2.4cm adhesive tape (1 roll) SEPARATE	Chloramphenicol (Chlorsig) eye ointment (apply 4/d)
MEDICATIONS	Prednisone tablets 25mgx6 (2/d 3d with food)
Diarrhoea	Abalon A antihistamine eye drops 15ml
Gastrolyte sachets x4 (200ml)	Other
Loperamide (Imodium) x10 (2 start, 1 6h, max 8/day)	Claratyne loratidine antihistamine 25x10mg (1/d) allergies
Lofenoxal (Lomotil) 2.5mg x10 (1start, 1 6h, max 8/day)	Acetazolamide (Diamox) 250mgx6 (½ tab before altitude)
Ciprofloxacin 500mg x44 (2/day 7d, before food)	Hydrocortisone cream 1% 15g
Azithromycin 500mgx12 (500mg/day) CIPRO RESISTANT	Aspirin 300mgx12
Tinadazole (Fasigyn, Simplotan) 500mg x12 (4 with food)	Clotrimazole antimycotic 15g
Constipation	Ondansetron wafer 4mgx4 (1 on tongue for vomiting)
Coloxyl and senna 4 (1-2 at night, up to 4 for constipation)	
Gaviscon antacid 8 x 250mg	

9/19 * The excellent Pocket First Aid and Wilderness Medicine by Drs Jim Duff and Peter Gormley, available from www.treksafe.com.au for \$A19.95 plus postage

Camino FIRST AID KIT 38g

Gaviscon 2 x 250mg
2.5cm Band-aids 3 (non-allergic)
2.5cm Band-aids 3 (normal)
Claratyne (=Loratidine) antihistamine 6 x 10mg (1/d)
Paracetamol 7 x 500mg
Tramadol 6 x 50mg (1-2, 3/d)
Codeine phosphate 6 x 30mg (4/d)
Abalon A (allergy eye drops)
Straw for hiccups

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