

First aid kits for Nepal

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 Tumblingtar, or around Annapurna or Manaslu. Make sure you add in the antibiotics listed in the Nepal gear list <http://fedup.com.au/images/stories/nepal/NEPALgearlist.pdf>.

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 Our experience is that these kits are often rudimentary or out-of-date unless you are with a large expedition.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.

Small FIRST AID KIT 300g for daily use

SUPPLIES	DRUGS
7.5cm X 7.5cm gauze pads 10	Loperamide (Imodium) 10x2mg (2 start, 1 6h, max 8/day)
5cm x 5 cm sterile dressing 2	Lofenoxal (Lomotil) 8x2.5mg (1start, 1 6h, max 8/day)
2.5cm Band-aids 16	Claratyne (=Loratidine) antihistamine 12 x 10mg (1/d)
Mediswabs 5	Caltrate 5 x 600mg
Medipulv 12g	Paracetamol 20 x 500 mg
Betadine antiseptic ointment 25g	Abalon A (allergy eye drops)
Scalpel 1	Codeine phosphate 10 x 30mg (4/d)
Tweezers 1	Tramadol 10 x 50mg (1-2, 3/d)
Needle 1	Gaviscon 12 x 250mg
Razor blade 1	Otriven nasal congestion spray
Glycerin suppositories 2	
Tampons 2 (cotton wool)	3cm rolled bandage
Water purifying tabs 10 (1/litre)	Butterflies Steri-Strip 16
Salt for leeches	10cm rolled bandage, clips, gloves SEPARATE

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Large FIRST AID KIT 830g (for four people in remote areas) plus MANUAL 240g, total 1,070g

SUPPLIES	DRUGS
7.5cm X 7.5cm gauze pads 10	Skin problems
10cm x 10cm non-adherent pads 10	Bactoban 1% cream (15g tube)
10cmx10cm large sterile dressing 2	Respiratory illness
Mediswabs 5	Roxithromycin (Biaxsig) 150mgx24 (2/d 5d, before food)
Butterflies Steri-Strips 10	Cephalexin 500mgx20 (also for wounds) (4/d 5d)
2.5cm Band-aids 30	Flucloxacillin 500mg x 20 (4/d, 5d) staph
Tampons for cotton wool 7	Painkillers (in bag)
Stingose 2	Paracetamol 30x500mg
sewing needle 1	Codeine phosphate 30mgx30 (4/d)
scalpel 1	Fentanyl Durogesic 12ug/hr x4 (3 days each!)
10cm elastic bandage 2 SEPARATE	Tramadol 10 x 50mg (1-2, 3/d)
2.4cm adhesive tape (1 roll) SEPARATE	Eye and ear problems
gloves latex x2; syringe for washing	Neomycin (Nemdyn) ointment (apply 3/d)
MEDICATIONS	Prednisone tablets 25mgx24 (2/d 3d with food)
Diarrhoea	Abalon A antihistamine eye drops 15ml
Gastrolyte sachets x4 (200ml)	Other
Loperamide (Imodium) x16 (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) 250mgx10 (½ tab before altitude)
Ciprofloxacin 500mg x61 (2/day 7d, before food)	Hydrocortisone cream 1% 15g
Azithromycin 3x500mg (500mg/day) CIPRO RESISTANT	Aspirin 300mgx12
Tinadazole (Fasigyn) 500mg x16 (take 4 with food)	Clotrimazole antimycotic 15g
Constipation	Ondansetron wafer 4mgx4 (1 on tongue for vomiting)
Coloxyl and senna 10 (1-2 at night, up to 4 for constipation)	
Gaviscon antacid 8 x 250mg	

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Pocket First Aid & Wilderness Medicine by Drs Jim Duff & Peter Gormly (Cicerone Guide) - this excellent and essential book is widely available if you google the title.

Disclaimer: these lists are provided for information purposes only and do not constitute medical advice. Seek independent medical advice and consider your personal requirements.
