

TREKKING FIRST-AID KIT

The following is a suggested list of supplies and medications that would be useful to carry as a personal first-aid kit while trekking or travelling in Nepal. It is designed to handle the most common problems in a trek. The list should be modified to adjust for individual preferences and allergies, and for the remoteness and difficulty of the particular trek.

Supplies

- § Antiseptic, such as povidone-iodine (e.g. Betadine) – the most commonly used antiseptic for cleaning wounds
- § 10cm rolled **cotton bandages** (the stretch type is excellent for bandaging extremities)
- § 10cm **elastic bandage** (to hold on a variety of dressings and to help stabilize minor sprains)
- § Four 10cm * 10cm **gauze pads** (for bandaging wounds or blisters)
- § **Paper stitches** (specially tape for pulling gaping wounds together when suturing is not possible, e.g. Steri-strips)
- § **Scissors** (for cutting dressings and tape or to cut clothes away from a severe injury)
- § **Sewing needle** (to drain a blister, or to help remove a splinter)
- § Large **sterile dressing** (for large cuts or burns)
- § 10 assorted **sticking plasters** (e.g. band-aid)
- § Roll of 2.5cm **tape** (for banding)
- § **Thermometer** (to check for fever)
- § **Tweezers** (for removal of splinters)
- § Muslin **triangular bandage** in a compressed package (handy as a sling or to fashion different type of splints)

Medication

- § **Antibiotic eye drops** (one bottle)
- § **Anti-inflammatory drugs** (such as ibuprofen 400mg – 20 tablets)
- § **Azithromycin** 250mg (six tablets)
- § **Clotrimazole** 1% or **Miconazole** 2% cream (one tablet)
- § **Decongestant** (e.g. Benadryl) 25mg or 50mg (10-20tablet)
- § **Hydrocortisone** 1% cream (one tube)
- § **Loperamide** (e.g. Imodium – 20 tablets)
- § Medication (cream, dissolvable tablets or an oral tablet) to treat yeast vaginitis (one packet)
- § Norfloxacin 400mg or ciprofloxacin (20 tablets)
- § **Paracetamol** (acetaminophen) 500mg (20 tablets)
- § Potent **pain killer**, such as acetaminophen with codeine (e.g. Vicodin – 20 tablets)
- § **Promethazine** (Phenergan) 25mg (five tablets)
- § **Ranitidine** 150mg (10 tablets)
- § **Rehydration salts** (two packets)
- § **Tinidazole** 500mg (12tablets)

Medically Trained People Should Consider

- § Injectable **adrenaline** (it can be a life-saver for a severe allergic reaction)
- § Injectable **antipsychotic** (when you need it, there is no substitute)
- § Injectable **pain killer** (if you are called upon to trek someone who is severely injured, or has a kidney stone)
- § **Suture kit** for suturing lacerations (injectable anesthetic, syringe, needles, suture, mineral, needle holder and forceps)

Warning!

Makalu Adventure provides this information as a guide only and cannot be held responsible for any adverse reactions to altitude in any way whatsoever or any advice on medications. It is the responsibility of the participants to familiarize themselves with the effects of altitude before embarking on any climbs to altitude, and that they consult their medical practitioner on the use of any medications.