Introduction

The expedition medical kit was assembled following specialist training for travel into remote regions of the world, provided by Wilderness Medical Training - [www.wildernessmedicaltraining.co.uk](http://www.wildernessmedicaltraining.co.uk) - augmented by additional advice from James Moore at the Travel Health Consultancy - [www.travelhealthconsultancy.co.uk](http://www.travelhealthconsultancy.co.uk). The kit includes a number of prescription items for use overseas. The list is a snapshot of items, and, as such, includes replacement items purchased abroad whose dosage may vary from those obtainable in the UK.
Disclaimer

Details of the medical kit have been provided strictly in accordance with the Terms & Conditions of Use, available at www.acrosscontinents.org. The list is illustrative rather than definitive, and no inference as to the utility, or otherwise, of a given item should be drawn from its inclusion, or omission. Where stated, the purpose and indicated dosage of items is also illustrative rather than definitive. Before assembling any medical kit appropriate advice should be obtained from a recognised travel health professional. Self-medication should never be attempted without appropriate training.

Importation

Whilst every care has been taken to ensure that possession of the contents of the kit is lawful in the countries being visited, it remains an individual responsibility to check this before entry.

Carriage

The medical kit is divided between a First Aid organiser and a fabric stuff sack, the latter containing bulkier items such as creams and bandages. A medical field handbook is carried separately.

Guidance

Oxford Handbook of Expedition and Wilderness Medicine


Patient Information Sheets – included with each item

Wilderness Medical Training course notes – extracts – in First Aid organiser, together with Rabipur (Rabies vaccine) Patient Information Sheet

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1 For example, in some nations possession of codeine – not included in this medical kit – is a serious criminal offence that can lead to detention, and lengthy sentences of imprisonment, often in basic conditions

2 Compact size with plasticised cover

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First Aid organiser - contents

The kit is carried in a LifeSystems First Aid Organiser

Soluble Asprin\(^3\) 300 mg tablets x 16
Ibuprofen\(^4\) 400\(^5\) mg tablets x 36
Paracetamol 500\(^6\) mg tablets x 38
Tramadol\(^7\) 50 mg capsules x 20

Amethocaine\(^8\) HCl 1% Minims x 2
Lignocaine\(^9\) injection 1% 2 ml x 2
Metronidazol\(^10\) 250 mg x 56 tablets
Chlorphenamine\(^11\) 4 mg tablets x 28
Co-Amoxiclav\(^12\) 250/125 mg tablets x 21 – single course

Senna tablets\(^13\) x 20
Buccastem\(^14\) 3 mg tablets x 30
Loperamide\(^15\) 2 mg tablets x 10
2 mg tablets x 6 – Imodium brand
Ciprofloxacin\(^16\) 250 mg tablets x 10
Ciprofloxacin\(^17\) 250 mg tablets – Ciprofloxacinum 250 mg

Electrolade oral rehydration powder\(^18\) x 2 sachets – 200 ml each

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3 Anti-inflammatory for muscular strains and sprains, pain and fever. One to 3 tablets every 4 hours. Maximum 12 in 24 hours
4 Anti-inflammatory for muscular strains and sprains. One tablet 3 times per day
5 Adult dose. 300 mg tablets x 50 also carried separately
6 Up to two tablets every 4-6 hours, maximum 8 in 24 hours. Further 500 mg tablets x 37 carried separately
7 Relief of moderate to severe pain. Up to two tablets every 4-6 hours, maximum 8 in 24 hours
8 Single use, sterile eye drops for use as local anaesthetic
9 Local anaesthetic
10 As for Metronidazole, but lower dose (250 mg v 400 mg) than UK supplied items. 56 tablets allows for 2 tablets 3 times a day for one dose in excess of 9 days (normally taken for no more than 7 days)
11 Antihistamine for insect bites, hayfever and skin allergies. One tablet 3-4 times a day
12 Broad spectrum penicillin based antibiotic – One tablet 3 times a day for 7 days
13 Laxative. Two tablets at night
14 Treatment of severe nausea, vomiting or vertigo. One or 2 tablets twice daily
15 Anti-diarrhoeal. Two tablets as a single dose, then one after each loose stool. Maximum 8 in 24 hours. Also known under brand name Imodium
16 Treatment of travellers diarrhoea. Two tablets as a single dose, repeat twice daily for further 3 days if required
17 Treatment of travellers diarrhoea. Two tablets as a single dose, repeat twice daily for further 3 days if required
18 One to 2 sachets per loose motion. Maximum 16 sachets in 24 hours

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Malarone\textsuperscript{19} tablets x 36 – 36 days supply  
Coartem malaria\textsuperscript{20} stand-by treatment – tablets x 24 – single course  

3M Cavit W tooth temporary filling material 7g paste x 1  
Amoxicillin\textsuperscript{21} 1000\textsuperscript{22} mg tablets x 10 (for dental pain)  

Silk braided non-absorbable suture – sterile x 1  
Steri-Strip skin closures – 6 mm x 75 mm – single use x 1  

Syringes - sterile  
\begin{itemize}
  \item 2 ml x 2
  \item 5 ml x 2
  \item 10 ml x 1
\end{itemize}  

Needles – for use with syringes – sterile  
\begin{itemize}
  \item 0.5 mm x 24 mm x 1
  \item 0.6 mm x 25 mm x 2
  \item 0.8 mm x 40 mm x 2
  \item 1.1 mm x 40 mm x 1
\end{itemize}  

Disposable antiseptic cleansing tissue x 6  
Pre-injection swabs x 8  

Scalpel – sterile – single use x 1  

Catheter 18G x 51 mm - sterile  

Lypsyl anti-chap lip stick x 1  

Zovirax cold sore cream 2g tube x 1  

Latex gloves – one pair  

Lifesystems water purification tablets x 50\textsuperscript{23} tablets – small bottle  

Sterile dressing – 5 cm x 5 cm – x 1  

\textsuperscript{19} Anti-malarial  
\textsuperscript{20} P.falciparum – but use for all as a stand-by  
\textsuperscript{21} Treatment of bacterial infections of the ear, respiratory tract (e.g. lungs and chest), urinary tract (e.g. kidneys and bladder), skin and gastrointestinal tract, such as typhoid  
\textsuperscript{22} Obtained in Turkey (Amoklavin BID) - UK dose normally 250 mg or 500 mg – for 1000 mg, take 2 per day with food  
\textsuperscript{23} Two per litre of water, approximately 30 mins to sterilise. Emergency us
Sterile dressing – 10 cm x 10 cm – x 1
Absorbent gauze swabs – single pack of 5 – 100 mm x 100 mm - 12 ply – sterile
Cling film – square carried in plastic bag
Assorted plasters

Safety pins – 4 large, 4 small

Recta miniature compass

LIFESAVER bottle carbon inserts$^{24}$ x 3
LIFESAVER bottle teats x 2

**Stuff sack - contents**

The kit is carried in an Outdoor Designs (Size M) fabric stuff sack

Anusol cream$^{25}$
Hydrocortisone cream$^{26}$ 1%
Clotrimazole$^{27}$ cream

Sanavita oral rehydration salts powder – x 10 sachets - one litre each

Crepe bandage – 5 cm width$^{28}$
Strappal white adhesive fabric tape – 2.5 cm width$^{29}$

Mosquito head net, plus small yellow stuff sack
Lifesystems Expedition 50 (50% DEET) insect repellent – 50 ml

**Water sterilisation kit**

The kit is carried in an Outdoor Designs (Size XS) fabric stuff sack, held within the larger medical stuff sack

Lifesystems chlorine tablets – foil wrapped$^{30}$ - typically 176 carried

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$^{24}$ Life approximately 250 litres
$^{25}$ Relief from pain and discomfort associated with piles
$^{26}$ Relief of mild to moderate eczema, insect bites and contact dermatitis
$^{27}$ Anti-fungal for skin infections
$^{28}$ Not full length – cut down to approximately 2 m
$^{29}$ Not full length – cut down to approximately 2 m
$^{30}$ One per litre of water, approximately 30 mins to sterilise. Also used to sterilise bottles and toothbrush

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Lifesystems water pre-treatment fabric cone filter

Note: LIFESAVER bottle spares carried in First Aid organiser