

Medical Kit Lists

The selection of first aid kit contents should be risk based and include considerations of the group's medical conditions, likely injuries (activities) and time to reach definitive care. A guide to First Aid risk assessments is found at www.hse.gov.

Local legal regulations should be research to ensure compliance. Beware some of the drugs included in these kits are not legal in all countries. Research must be undertaken on both the destination country and transit countries.

The document outlines some generic kits that may be applicable for your needs. These are listed using the following categories:

- Urban – Access to definitive care is <40 min.
- Rural – Access to definitive care is <6 hrs
- Remote – Access to definitive care is >6 hrs

The 40 min response time correlates to the Emergency Medical Services in the UK, US and Canada target time for ambulance dispatch to site and then return to hospital. The 6 hour time frame reflects the tri-modal distribution of mortality statistics.

It should be noted that additional kit may need to be enhanced for specific medical conditions present in the group. All medications carried should be authorized for use by a Doctor or have a written protocol for use sign off by the company doctor.

If you would like further advice please do not hesitate in contacting us at tutors@remotemergencycare.com.

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Urban Medical Kit for Group Leaders (up to 12 people)

These trips require access to basic first aid kits to handle an acute injury or illness before the ambulance arrives. A basic contents list is outlined below:

Item	Qty	Use	Comment
Guidance Card	1	Reference	
Disposable Gloves	4 pairs	Protection	
Scissors	1	Exposing	Tough cut scissors
Cleaning Wipes	4	Cleaning	Anti-infection (non-alcoholic)
Plasters / Band-aids	10	Bleeding	Wound covering
5 x 5 Dressing	1	Bleeding	Low-adhesive sterile dressing
Wound dressing size 9	1	Bleeding	Absorbent dressing
Triangular bandage	1	Bleeding	Strapping / Applying pressure
Micro Pore tape 2 cm	1	Various	Applying dressings
Crepe Bandage 2"	1	Dressing	Applying dressings / pressure
Resuscitation shield	1	Resuscitation	
Aspirin	12 tab	Chest Pain	300mg * Allergy

* Doctor approval required

Rural Office Medical Kit

These are designed to be held in all offices and be used by basic and advanced First Aiders.

Item	Quantity	Use	Comment
Guidance Cards	1	Reference	
Patient Card	4	Recording	
Disposable Gloves	10	Protection	
Cleaning Wipes	6	Infection	
Eye Wash (250ml)	1	Cleaning	Eye and wound
10 x 10 Melolin	4	Bleeding	
5 x 5 Dressing	4	Bleeding	
Wound dressing 2	4	Bleeding	
Wound dressing 3	2	Bleeding	
Assorted Plasters	20	Closure	
Steri Strips Various	2 pks	Closure	
Triangular Bandage	4	Dressing	
Crepe Bandage 4"	4	Dressing	
Easifix Bandage 2"	1	Dressing	
Material Tape	1	Dressing	
Resuscitation Mask	1	Resuscitation	
Paraffin Gauze	2	Burns	
Burn Bags	1	Burns	
All Weather Blankets	1	Movement	Lifting blanket
Tuff cut shears	1	Examination	
Tweezer	1	Various	
Sam Splints	2	Fractures	
Contaminated waste bags	1	Protection	
Dehydration electrolyte powder	20 sachets	Rehydration	
Thermometer (electric)	1	Monitor	
Savlon Dry Spray	1	Infection	
Sterile Needle kit	1	Infection	(If required)
Asprin	12	Pain / Heart	* Allergies

For those working in malarial areas

Item	Number	Use	Comment
Malaria test kit	1	Region specific	*
Malaria treatment	1	Region specific	*

* This drugs should only be used with authorisation from a doctor. Contact ISOS for advice.

Rural Field Medical Kit (12 People)

The list below is to be carried by all teams working in rural areas. It is to be used by basic and advanced first aiders.

Item	No	Use	Comment
Guidance Card	1	Reference	
Casualty Card	1	Recording	
Disposable Gloves	4	Protection	
Scissors	1	Exposing	Tough cut scissors
Tweezers	1	Extraction	
Cleaning Wipes	4	Cleaning	Anti-infection (non-alcoholic)
Assorted Band-aids	10	Bleeding	Wound covering
Steri Strips Various	1 pks	Bleeding	Wound closure
10 x 10 Melolin Dressing	3	Bleeding	Low-adhesive sterile dressing
Wound dressing size 9	1	Bleeding	Absorbent dressing
Triangular bandage	1	Bleeding	Strapping / Applying pressure
Micropore tape 2 cm	1	Various	Applying dressings
Crepe Bandage 2"	1	Dressing	Applying dressings/pressure
Resuscitation Shield	1	Resuscitation	
Electrolyte powder	5	Dehydration	
Anti histamine Cream	1	Anaphylactic	(Parfenac)
Aspirin	12 tab	Chest pain	*
Savlon Spray	1	Cleaning	Anti-infection
Sterile plastic water tube	5	Flushing	Eyes and wounds
Easifix Bandage 2"	1	Dressing	Applying dressings / pressure
Anaphylactic Kit	1	Shock	*
Anti histamine tablets	12	Shock	*
Sam Splint	1	Fractures	Immobilisation
Sterile Needle Kit	1	Hospital	Use by a Doctor

*Authorisation required by a Doctor before use

Remote Office / Camp Medical Kit

This kit is design for use in remote locations where access to drugs is limited and should only be used with authorisation from a doctor. The kit should be sealed and audited every month by an Advanced First Aider. A log of all use must be kept of all used drugs along with any appropriate MSDS sheets.

These are designed to be held in all remote offices / camps and be used by basic and advanced First Aiders.

Item	Quantity	Use	Comment
Guidance Cards	1	Reference	
Patient Card	4	Recording	
Disposable Gloves	10	Protection	
Cleaning Wipes	6	Infection	
Eye Wash (250ml)	1	Cleaning	Eye and wound
10 x 10 Melolin	4	Bleeding	
5 x 5 Dressing	4	Bleeding	
Wound dressing 2	4	Bleeding	
Wound dressing 3	2	Bleeding	
Assorted Plasters	20	Closure	
Steri Strips Various	2 pks	Closure	
Triangular Bandage	4	Dressing	
Crepe Bandage 4"	4	Dressing	
Easifix Bandage 2"	1	Dressing	
Material Tape	1	Dressing	
Resuscitation Mask	1	Resuscitation	
Paraffin Gauze	2	Burns	
Burn Bags	1	Burns	
All Weather Blankets	1	Movement	Lifting blanket
Tuff cut shears	1	Examination	
Tweezer	1	Various	
Sam Splints	2	Fractures	
Contaminated waste bags	1	Protection	
Dehydration electrolyte powder	20 sachets	Rehydration	
Thermometer (electric)	1	Monitor	
Blood pressure Cuff	1	Monitor	
Stethoscope	1	Monitor	
Pen Light	1	Examination	
Savlon Dry Spray	1	Infection	
Sterile Needle kit	1	Infection	(If required)

Item	Number	Use	Comment
Log Book of use	1	Recording	
Ciprofloxin	2 courses	Infection	*Antibiotic
Flagentyl 500mg	2 courses	GI Infection	*Antibiotic
Tetracycline	2 courses	Infection	*Antibiotic
Oxytetracycline Pommade	2 courses	Eye infection	*Antibiotic
Clove Oil	2 courses	Tooth pain	
Gentisone HC (Ear Drops)	2 courses	Ear Infection	*Antibiotic
Eucarbon	2 courses	Constipation	
Smecta	2 courses	Diarrhoea	
Asprin	4 courses	Pain / Heart A	*Possible Allergies
Paracetamol	4 courses	Pain / fever	
Ibuprofen 250mg	4 treatments	Pain / Inflat	*
Dihydrocodeine 250 mg	48 hr evac	Pain	*
Anaphylactic Kit	2 injections	A. Shock	*Epi pen
Anti histamine tablets	24 tablets	A. Shock	*

Malarial regions only

Malarial Treatment Drugs	1 treatment	Type dependant on region*
Malarial Test Kits	3	Type dependant on region*

The medications will expire and will require frequent audits. Miss use will result downgrading the contents.

* This drugs should only be used with authorisation from a doctor. Contact ISOS for advice.

Remote Field Medical Kit (6 People)

The list below is to be carried by all exploration teams during exploration away from vehicles. It is to be used by basic and advanced first aiders.

Item	No	Use	Comment
Guidance Card	1	Reference	
Casualty Card	1	Recording	
Disposable Gloves	4	Protection	
Scissors	1	Exposing	Tough cut scissors
Tweezers	1	Extraction	
Cleaning Wipes	4	Cleaning	Anti-infection (non-alcoholic)
Assorted Plasters	10	Bleeding	Wound covering
Steri Strips Various	1 pks	Bleeding	Wound closure
10 x 10 Melolin Dressing	1	Bleeding	Non-adhesive sterile dressing
Wound dressing size 9	1	Bleeding	Absorbent dressing
Triangular bandage	2	Bleeding	Strapping / Applying pressure
Zinc Oxide tape 2 cm	1	Various	Strapping / Applying pressure
Micropore tape 2 cm	1	Various	Applying dressings
Crepe Bandage 2"	1	Dressing	Applying dressings/pressure
Resuscitation Shield	1	Resuscitation	
Electrolyte powder	5	Dehydration	
Anti histamine Cream	10	Anaphylactic	(Parfenac)
Aspirin	12 tab	Chest Pain	*
Foil Blanket	1	Signal	
Savlon Spray	1	Cleaning	Anti-infection
Sterile plastic water tube	5	Flushing	Eyes and wounds
Easifix Bandage 2"	1	Dressing	Applying dressings / pressure
Anaphylactic Kit	1	Shock	*
Anti histamine tablets	12	Shock	*
Sam Splint	1	Fractures	Immobilisation

*Authorisation required by a Doctor before use

Remote Medical kit for group leaders (up to 24 people)

Equipment

Rubber Gloves	20	Protection
Scissors, First Aid, 4½ in	1	Exposing the wound
Tough Cut Scissors	1	Various
Tweezers	1	Various
Thermometer (Elec.)	1	Fever monitoring
Syringe 25 ml	2	Wound cleaning / Suction
Safety Pins	5	
Casualty Record Card	4	Recording
Pen/Pencil	1	Recording
Sterile Needled Kit	1	Emergency Treatment in Hospitals

Dressings

Normasol (Sterile Liquid)	3 sachets	Clean skin / Wounds
Betadine (Dilute 1:10)	1 x 50ml	Wound cleaning
Savlon Antiseptic Wash / spray	1 x 50 ml	Wound cleaning
Antiseptic Wipes	10	Wound cleaning
Paranet (Paraffin Gauze) 10x10cm	4	Burn dressing
Dressing Burn Hand Plastic Bag	2	Anti infection
Steri-strips, Various sizes	2 pks	Wound closure
Tincture of Benzoate	1 x 10 ml	Dressing preparation
Fabric Plaster Strip 7.5 x 1 m	1	Band-aid wound covers
Fabric Plasters, Various sizes	40	Band-aid wound covers
Zinc Oxide BP, 2.5 cm x 5 m Tape	1	Tape feet & dressings
Low Adhesive Absorbent Dressing 5 x 5 cm	20	Wound dressings
10 x 10 cm	5	
Bandage Crepe BP, 15 cm x 4.5 m Stretched	1	Fractures / Sprains
Crepe Bandage 5 cm x 4.5 m	1	Fractures Sprains
Bandage, Triangular, 95 x 134 cm,	2	Fractures
Field Dressing Sterile 20 x 19 cm	2	Large Wounds
Tubi Grip Various sizes B & D	1	Wound dressing covering / Pressure
Tampon	2	Nose Bleeds / Periods
Sanitary Towel	2	Blisters / Periods
Sam Splint	1	Fractures
Survival Bag	1	Casualty movement
Material Tape	1 roll	Immobilisation

Drugs – Medical Approval must be sort before the use of any of these drugs.

Aspirin	12 tablets	Chest Pain
Ibuprofen (Pain Killer)	30 tablets	Pain/Inflammation
Paracetamol (Effervescent)	40 tablets	Mild Pain/Fever
Piriton / Triludan (Antihistamine)	1 x 30 tablets	Allergy/Hayfever
Stugeron	1 x 15 tablets	Travel Sickness
Anti acid tablets	1 Pack	Indigestion
Lomotil	1 x 20 Tablets	Diarrhea
Dioralyte (Oral Electrolyte)	30 sh	Re-hydration
Senakot	1 x 20	Constipation
Brabazol (Throat Lozenges)	24	Sore Throat
Clove Oil	1 x 10 ml	Tooth Ache
Gentisone HC (Ear Drops)	1 x 10 ml	Ear Inflammation
Chloramphenicol (Eye Cream)	1 Tube	Eye Infections
Canesten (Fungicidal Cream)	2 x 20 g	Thrush / Fungal infection
Mycofa (Athletes Foot)	1 Tube	Fungal infection
Hydrocortisone (Skin Cream)	1 x Tube	Severe Inflam/Rash
Salamol (Inhaler Asthma)	1 Can	Asthma
Dihydrocodeine	10 tablets	Pain Killer
Epi Pen	1 kit	Anaphylactic Shock
Amoxicillin	15 tablets	Tonsillitis
Ciprofloxin	20 x tablets	Gen. Antibiotic
Metronidazole	21 tablets	Antibiotic

Remote Traveler Medical Kit

These are designed to be carried by managers when working away from their normal place of work. The kit can be carried on to planes and is designed to provide basic treatment before additional help arrives.

First Aid

Item	Quantity	Use	Comment
Guidance Cards	1	Reference	
Casualty Card	1	Recording	
Disposable Gloves	4	Protection	
Cleaning Wipes	4	Infection	
5 x 5 Dressing	4	Bleeding	
Wound dressing 3	1	Bleeding	
Micropore Tape	1	Closure	
Assorted Plasters	10	Closure	
Steri Strips Various	1 pks	Closure	
Triangular Bandage	1	Dressing	
Crepe Bandage 4"	1	Dressing	
Resuscitation Shield	1	Resuscitation	
Savlon Dry Spray	1	Infection	
Dehydration electrolyte powder per sachet	5	Rehydration	

Medications

All have potential allergic responses

Item	Number	Use	Comment
Ciprofloxin	1 courses	Infection	*Antibiotic
Flagentyl 500mg	1 courses	GI Infection	*Antibiotic
Tetracycline	1 courses	Infection	*Antibiotic
Oxytetracycline Pommade	1 courses	Eye infection	*Antibiotic
Clove Oil	1 courses	Tooth pain	
Gentisone HC (Ear Drops)	1 courses	Ear Infection	*Antibiotic
Eucarbon	1 courses	Constipation	
Smecta	1 courses	Diarrhoea	
Asprin	12	Pain / Heart	* Allergies
Paracetamol	12	Pain / fever	

For those working in Malarial areas

Item	Number	Use	Comment
Malaria test kit	1	Region specific	*
Malaria treatment	1	Region specific	*

* This drugs should only be used with authorisation from a doctor. Contact ISOS for advice.

Remote Vehicle Medical Kit

These are designed to be carried in all field vehicles and be used in vehicle accidents by basic and advanced First Aiders.

Item	Quantity	Use	Comment
Guidance Cards	1	Reference	
Patient Card	4	Recording	
Disposable Gloves	10	Protection	
Cleaning Wipes	6	Infection	
Eye Wash (250ml)	1	Cleaning	Eye and wound
10 x 10 Melolin	4	Bleeding	
5 x 5 Dressing	4	Bleeding	
Wound dressing 2	4	Bleeding	
Wound dressing 3	2	Bleeding	
Assorted Plasters	20	Closure	
Steri Strips Various	2 pks	Closure	
Triangular Bandage	4	Dressing	
Crepe Bandage 4"	4	Dressing	
Easifix Bandage 2"	1	Dressing	
Material Tape	1	Dressing	
Resuscitation Mask	1	Resuscitation	
Paraffin Gauze	2	Burns	
Burn Bags	1	Burns	
All Weather Blankets	1	Movement	Lifting blanket
Tuff cut shears	1	Examination	
Tweezer	1	Various	
Sam Splints	2	Fractures	
Contaminated waste bags	1	Protection	
Duct Tape	1 roll	Various	
Super Glue	1	Closure	
High visibility vest - First Aider	2	Protection	
Dehydration electrolyte powder	20 sachets	Rehydration	
Aspirin	12 tablets	Chest Pain	300mg * Allergy

Remote area equipment additions

Vacuum Splints	1 set	Fractures	
Adjustable collar	2	Spinal	
Thermometer (electric)	1	Monitor	
Blood pressure Cuff	1	Monitor	
Stethoscope	1	Monitor	
Pen Light	1	Examination	
Savlon Dry Spray	1	Infection	
Sterile Needle kit	1	Infection	* Use by doctor only

N.B. Epi Pens are not carried due to temperature extremes that occur in vehicles.

* Consult a doctor pre-use