

Personal Wilderness Medical Kit

Version 1.2 10/7/99



This short version contains lists only; please check <http://www.wemsl.org/> for a complete version with explanation and annotations.

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Minimum Module

✓	Exp Date	#	Item and size/strength	Usual Dose
Pain Meds				
		10	naproxen 220 mg tablets (e.g., <i>Aleve</i> ®)	Pain: ii PO, then i PO BID
		12	℞ acetaminophen with hydrocodone tablets (e.g., <i>Vicodin</i> ®, <i>Lortabs</i> ®, <i>Anexsia</i> ®: 500 mg acetaminophen, 5 mg hydrocodone)	Pain: ii PO Q4H PRN
Allergy Meds				
		1	℞ injectable epinephrine anaphylaxis kit (<i>Epi-Pen</i> ®) (may omit if have advanced module with injectable epinephrine)	anaphylaxis: i injection
		1	℞ albuterol Rotocap™ inhaler	asthma: i cap Q4H PRN
		8	℞ Rotocap™ albuterol capsules for above	
		6	diphenhydramine 25 mg tablets (e.g., <i>Benadryl</i> ®)	allergy/sedation: i-ii PO Q4H PRN
		5	℞ Prednisone 50 mg tablets	allergy/asthma: 50 mg PO QAM
GI Meds				
		12	loperamide 2 mg. tablets (e.g., <i>Imodium-AD</i> ®)	diarrhea: ii PO, then i PO q loose BM up to 7/day
		4	meclizine chewable 25 mg. tablets (e.g., <i>Bonine</i> ®, <i>Antivert</i> ®)	motion sickness: i PO TID PRN
		4	℞ <i>TransDerm Scop</i> ® transdermal scopolamine patches	motion sickness: i to skin Q3D
Bites and Stings				
		1	Sawyer Extractor™ Kit	as directed
		1	<i>Sting-Eeze</i> ® solution 15 cc bottle	as directed
Cardiac Meds				
		4	Aspirin 325 mg (5 gr.) tablets	chest pain: i PO
		1	℞ bottle nitroglycerine spray (e.g., <i>Nitrolingual</i> ®)	chest pain: i spray SL Q3' PRN
Antibiotics Etc.				
		6	℞ azithromycin 250 mg tablets (e.g., <i>Zithromax</i> ®)	infection: ii PO, then i PO daily
		1	℞ 3.5 g tube polymyxin/bacitracin (e.g., <i>Polysporin</i> ®) or bacitracin ophthalmic ointment	wounds: to skin BID
		1	mild liquid soap 30 cc bottle, e.g., <i>Hibiclens</i> ®; or, a small piece of solid soap (to save weight) ; or, a small (e.g., 8 cc) bottle of waterless hand sanitizer	
		1	Povadone-iodine solution 15 cc bottle (e.g., <i>Betadine</i> ®)	
Thermometer				
		1	digital thermometer (may substitute Radio Shack™ or similar continuous-reading digital thermometer)	
		1	spare battery for above	
		10	thermometer covers for above	



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Misc.				
		4	thiamine (vitamin B-1) 300 mg. tablets	starvation, prior to refeeding: i PO
		4	℞ haloperidol 5 mg. tablets (e.g., Haldol®)	sedation: i-iiii PO
		2	packets <i>Gatorade</i> ® or <i>ERG</i> ® powder, each to make ½ liter	
		4	pair exam gloves	
		1	pocket CPR shield	
		1	1" (by at least 10 yards) waterproof adhesive tape	
		1	8 cc bottle tincture of benzoin	
		6	sterile cotton applicators (" <i>Q-tips</i> "®)	
		1	3" by 5 yards (stretched) elastic bandage (e.g., <i>Ace</i> ®, <i>Coban</i> ®, <i>Vet-Wrap</i> ®)	
		1	3" by 5 yards (stretched) conforming roller gauze (e.g., <i>Kling</i> ®)	
		8	medium-size (e.g., 3" x 3") gauze pads	
		2	OB-type compressed vaginal tampons	
		3	small pieces of clear adherent dressing (e.g., <i>Tegaderm</i> ™, <i>OpSite</i> ™)	
		3	#11 scalpel blades, sterile	
		1	string for ring removal	
		1	paper clip, medium size	
		2	large safety pins	
		1	nylon zipper bag or equivalent for MedKit	
		1	waterproof contents/protocols/standing orders	
		5	one-pint freezer-style zip lock plastic bags (if not available elsewhere in SAR pack)	
		2	small (5-staple) skin staplers	
		5	WEMSI Patient Record Forms	
		5	WEMSI Patient Record continuation sheets	

Advanced Module

✓	Exp Date	#	Item and size/strength	Usual Dose
		2	℞ morphine sulfate 10 mg/mL, 1 mL vials	pain: 2-10 mg IV Q10'-Q4H PRN 5-10 mg IM Q½-4H PRN
		4	℞ naloxone 1 mg/mL, 1 mL ampul (e.g., <i>Narcan</i> ®)	excess narcotic: 1-4 mg IV/IM
		1	℞ midazolam 5mg/mL, 10 ml vial (e.g., <i>Versed</i> ®)	sedation: 3-5 mg IV Q10' seizure: 14 mg IM
		1	℞ ceftriaxone 2 g powder, and sterile water 10 mL, for reconstitution (e.g., <i>Rocephin</i> ®)	infection/open fracture: 2 g IV/IM
		2	℞ epinephrine 1:1000, 1 mL ampul: substitutes for Epi-Pen in basic kit	anaphylaxis/severe asthma: 0.3-0.5 cc SQ Q10'
		2	℞ diphenhydramine 50 mg/1 mL vial (e.g. <i>Benadryl</i> ®)	allergy: 50-100 mg IV/IM
		4	℞ droperidol 2.5 mg/mL, 2 mL vial	sedation/nausea: 2.5-10 mg IV/IM
		2	℞ dexamethasone 10mg/mL, 10 mL vial (e.g., <i>Decadron</i> ®)	
		6	alcohol prep pads, in foil	
		2	℞ 1 cc syringes	
		2	℞ 3 cc syringes	



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		2	Rx IM needles	
		2	Rx SQ needles	
		2	Rx 18 ga, long, over-the-needle IV catheters	
		1	venous tourniquet (for starting IV)	
		2	saline lock	
		1	20 cc bottle saline flush solution	
		1	Rx 6.5 mm endotracheal tube	
		1	One-way valve for endotracheal tube	

Search Module

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Pain Meds Etc.				
		30	acetaminophen tablets, 325 mg (e.g., <i>Tylenol</i> [®])	pain/fever: i-ii PO Q4H PRN
		4	Rx phenazopyridine hydrochloride tablets, 200 mg (e.g., <i>Pyridium</i> [®])	UTI symptoms: i PO TID
Cough, Cold, Allergy Etc.				
		1	15 mL squeeze bottle oxymetazoline nasal spray (e.g., <i>Afrin</i> [®])	nasal congestion: i spray BID PRN
		8	12-hour sustained-release pseudoephedrine tablets 120 mg. (e.g., <i>Sudafed</i> [®])	nasal congestion: i PO BID PRN
		8	12-hour sustained-release chlorpheniramine tablets 8 mg. (e.g., <i>Chlor-Trimeton</i> [®])	allergy symptoms: i PO BID PRN
		8	Rx <i>Humibid-DM</i> [®] tablets	cough: i PO PID PRN
Eye				
		1	Rx 1 mL dropper tube tetracaine ophthalmic solution	painful eye exam: 2-20 drops
		3	fluorescein strips	as needed
		1	2 mL dropper bottle cyclopentolate ophthalmic solution 0.5% or 1% (e.g., <i>Cyclogyl</i> [®])	corneal abrasion or snowblindness:
GI				
		8	famotidine tablets 10 mg (e.g., <i>Pepcid-AC</i> [®])	reflux/hyperacidity: i-ii PO BID PRN
Allergy				
		1	Rx 15 g tube fluocinolone acetonide cream 0.2% or similar high-strength steroid cream or lotion (e.g., <i>Valisone</i> [®] , <i>Benisone</i> [®] , <i>Lidex</i> [®] , <i>Kenalog</i> [®] , <i>Aristocort</i> [®] , <i>Uticort</i> [®] , <i>Synalar</i> [®])	allergic rash/insect bites: apply to rash QID PRN
		1	Rx 1 oz. tube <i>Pramosone</i> [®] 1% or <i>Aveeno</i> [®] cream	itching: apply to skin Q4H PRN
Altitude Etc.				
		6	acetazolamide tablets 250 mg (e.g., <i>Diamox</i> [®])	preventing AMS: ¼ tab (62.5 mg) PO BID treating AMS/HACE: 250 mg PO BID
			Rx nifedipine capsules 10 mg (e.g., <i>Procardia</i> [®] , <i>Adalat</i> [®])	HAPE: 10-30 mg PO QID



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Misc.				
		1	10 mL bottle clotrimazole solution (e.g., Lotrimin [®])	fungal skin infection: apply BID-QID yeast vaginitis: 1 mL intravaginally daily
		1	1 cc TB syringe, no needle (as vaginal applicator for above antifungal)	
		1	pair small sharp scissors (not necessary if available on WEMT's pocket knife)	
		1	pair fine-point splinter forceps (not necessary if available on WEMT's pocket knife)	
		1	SamSplint [™] or equivalent flexible splint	
		4	3" x 4" pieces of moleskin	
		10	small adhesive bandages (e.g., 1" x 3" <i>Band-aids</i> [™] , <i>Coverlet</i> [™])	
		5	medium-size "suture strips"	