

Personal Wilderness Medical Kit

Version 2.0N August 5, 2001



A version with detailed explanations is available at <http://www.wemsi.org>.

Minimum Module Prescription-only items are noted by R; names are U.S. generic and trade names.

| ✓ | 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 | R 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 | R injectable epinephrine anaphylaxis kit (<i>Epi-Pen</i> ®) (may omit if advanced module with injectable epinephrine) | anaphylaxis: i injection |
| | | 1 | R albuterol Rotocap™ inhaler | asthma: i cap Q4H PRN |
| | | 8 | R Rotocap™ albuterol capsules for above | i cap Q4H PRN |
| | | 6 | diphenhydramine 25 mg tablets (e.g., <i>Benadryl</i> ®) | allergy/sedation: i-ii PO Q4H PRN |
| | | 5 | R 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 | R <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 | R bottle nitroglycerine spray (e.g., <i>Nitrolingual</i> ®) | chest pain: i spray SL Q3' PRN |
| Antibiotics Etc. | | | | |
| | | 6 | R azithromycin 250 mg tablets (e.g., <i>Zithromax</i> ®) | infection: ii PO, then i PO daily |
| | | 1 | R 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 | Povidone-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 | R 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 yds (stretched) elastic bandage (e.g., <i>Ace</i> ®, <i>Coban</i> ®, <i>Vet-Wrap</i> ®) | |
| | | 1 | 3" by 5 yds (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

Prescription-only items are noted by R

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



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|---|----------|---|---|------------|
| | | 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 | |
| | | 2 | ℞ IM needles | |
| | | 2 | ℞ SQ needles | |
| | | 2 | ℞ 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 | ℞ 6.5 mm endotracheal tube | |
| | | 1 | One-way valve for endotracheal tube | |

Search Module

Prescription-only items are noted by ℞

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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 | ℞ 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 | ℞ <i>Humibid-DM</i> ® tablets | cough: i PO PID PRN |
| Eye | | | | |
| | | 1 | ℞ 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: ii gtts Q3-4H |
| GI | | | | |
| | | 8 | famotidine tablets 10 mg (e.g., <i>Pepcid-AC</i> ®) | reflux/hyperacidity: i-ii PO BID PRN |
| Allergy | | | | |
| | | 1 | ℞ 15 g tube fluocinolone acetonide cream 0.2% or | allergic rash/insect bites: |



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|----------------------|-------------|----|---|--|
| | | | 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> [®]) | apply to rash QID PRN |
| | | 1 | Rx 1 oz. tube <i>Pramosone</i> [®] 1% or <i>Aveeno</i> [®] cream | itching: 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 |
| | | 6 | Rx nifedipine capsules 10 mg (e.g., <i>Procardia</i> [®] , <i>Adalat</i> [®]) | HAPE: 10-30 mg PO QID |
| Misc. | | | | |
| | | 1 | 10 mL bottle clotrimazole solution (e.g., <i>Lotrimin</i> [®]) | fungal skin infection: apply BID-QID yeast vaginitis: i 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" | |