

For planning a personal first aid kit have a look at *First Aid Anywhere* ([www.firstaidanywhere.com/First-Aid-Kit-Checklist.html](http://www.firstaidanywhere.com/First-Aid-Kit-Checklist.html)) for good advice. We suggest that you share one medical kit between two or three people.

Item	Got	Packed
<b>General</b>		
Plasters & blister plasters		
Dressings & gauze		
Zinc oxide tape (this tape is brilliant to put over plasters as it is very sticky - plasters come off very quickly if it is wet and while you are trekking, whereas zinc oxide tape keeps them on)		
Bandages and micropore tape		
Sling		
Steri-strips (only use these if you are 100% sure there is nothing in the wound and it is very well washed out)		
Surgical spirit and cotton wool (this is brilliant for cleaning cuts, fungal infections etc)		
Tweezers		
Scissors		
Safety pins		
Throat Lozenges		
Bonjela		
Hydrocortisone/Eurax Hydrocortisone cream. Eurax Hydrocortisone is anti-inflammatory and helps stops itching, and Hydrocortisone is mainly anti-inflammatory, it does help stop itching too but is not as effective at this as Eurax Hydrocortisone.		
Savlon/antiseptic cream		
Antiseptic wipes		
Anti-histamine tablets (certirizine/zirtec)		
<b>Diarrhoea</b>		
Immodium (you should only take this if you really have to i.e. on a journey)		
Dioralyte rehydration sachets		
<b>Painkillers</b>		
Paracetamol		
Ibuprofen		
<b>Antifungal</b>		
Canesten cream. Or Daktacort cream - this has Hydrocortisone in.		
<b>Antibiotics</b>		
Although you are running a medical clinic, it can be a good idea for you to bring your own supply of antibiotics, in case you require them. All antibiotics require a prescription, therefore you will need to see your GP to obtain these medications and to check your personal suitability. Your GP will also be able to advise on the specific antibiotics to take		

with you, and which ones would be most suitable in certain circumstances (e.g. for skin, chest, ear, throat & urine infections, for bloody diarrhoea or diarrhoea lasting for more than 3 days, conjunctivitis, antibiotic creams). While abroad you should consult a medical professional before starting a course of antibiotics.

**For those with pre-existing medical conditions and allergies:** firstly, please talk to your GP before going to Nepal to discuss the areas you are travelling to, the activities you will be undertaking and any problems you may encounter on the trip. Please also let Moving Mountains know of any medical conditions and allergies you have and medication you are taking – particularly if anything has arisen since filling out the medical form earlier in the year. All information is treated as confidential. Please make sure you bring all medication you will require, with spare if possible (e.g. spare inhalers & spacer, insulin pen, epipen (one for another group member/the guide to carry and one for you). Make sure you keep your medication on you **at all times – your medication is no good in your bag if you bag is not with you!!**

Note: you must check with your GP for your personal suitability to all medicines and their possible side effects and interactions. Please inform us of the details of all regular medication that you intend to use throughout the course of your trip and any relevant allergies and medical history related to them. You also need to check the requirements and regulations of the airline and all countries visited in relation to medications. For example; laws governing transport of some pain control medication and the need to keep insulin at a suitable temperature, i.e. not in the cargo hold.



**MOVING  
MOUNTAINS**

CHANGING LIVES