



MEDICAL REQUIREMENTS

Yellow fever vaccination (10 days before travelling)

Malaria prophylaxis (Mefloquine/Doxycycline)

Skin Repellents – Any product with DEET (Tabard /Peaceful Sleep)

Malaria treatment – Coartem

Oral medication

Anti-diarrhoea (loperamide)

Gastritis (Proton pump inhibitor)

Analgesics/antipyretics (Paracetamol)

Anti-inflammatories (diclofenac/ibuprofen)

Influenza (decongestants-systemic/local)

Antibiotics (Amoxil/Flagyl/Azithromycin)

Antispasmodics (hyoscine)

Sedatives/sleep modulators (Amitriptyline)

Inhalers (ipratropium bromide, salbutamol, fluticasone)

Nasal sprays (oxymetazoline)

Antihistamine (loratidine)

Allergex

Eye drops (neomycin, allergex)

Ear drops

Oral rehydration (Sorol)

Anti-virals(Oseltamavir)

Lozenges

Emergency exposure prophylaxis

Calcium gluconate

Injectables

Anti-inflammatory (diclofenac)
Analgesic (tramadol)
Sedative (diazepam, midazolam)
Antihistamine (prochlorperazine)
Antispasmodic (hyoscine)
Antacid (Ranitidine)
Vit BCO
Iron supplementation (Ferrous sulphate)
Lignocaine (with/without adrenal)
Atropine
Adrenalin 1/1000
Marcaine
Saline for injection
Drips (saline/dextrose/ringers)
Nebules for nebulising

Consumables

Drip set
Jelco (18G/20G)
Plasters (normal and blisters)
Bandage (50/75mm)
Gloves (sterile/non sterile)
Suture-nylon (3/0,5/0), Chromic(5/0)
Gauze
Dressing tray/stitch packs
Nose plugs/tampons
Hemostatics
Sterilising liquid
Foleys catheter
Urine dipsticks
Ear buds
Vaseline
Alcohol swabs

Syringes (2/5/10/20ml)
Needles (21G/22G)
Linen savers
Circular casting
Slabs
Cast padding
Ice spray
Deep heat sprays and rubs
Ice packs
Menthol rub
Sanitary pads
Condoms

Equipment

Medical Bag
Medical Bed x 2
BP cuff
ENT set and ear pieces
Ophthalmoscope
Small torch
Pulse oximeter
Ambubag
Replacement diaphragm/ear pieces
Resuscitation mouth piece
Portable oxygen
Nebulizer
Masks
Guedell airway (3 and 4)
Needle holder
Forceps
Crocodile forceps
Jobson hook
Bandage scissors
Scissors
Sharps container

Kidney dishes
Crutches
AED
Scalpel handle/size 21 blades
Eye patch
Plastic immobilisation splint
Soft/hard collar
Glucometer and strips
Thermometer
Emergency blanket
Collar and cuff
TNT SL spray

Physio Bag

Medical mobile/portable bed
Kinesiotape 50 mm; 75 mm
Leukoband EAB 50 mm; 75 mm
Leucocrepe 50 mm; 75 mm
Leukoband sport
LeukobandP
Dry needles 25 mm; 50 mm; 75 mm
Leukospray
Massage oil 1L
Nature's Kiss cream
Ice spray
Ice bag
Guards (Ankle, knee, elbow, thigh, calf)
Deep heat gel
Voltaren gel
Baby oil 200ml
Peppermint oil
Footspar
Co-plus 75mm
Sponge under wrap
Ultrasound machine