

# The Medical Kit:

This is a topic that has at its core varying interpretations of risk and probability of a given medical problem occurring. You cannot be prepared for everything. Different medical personnel and different crews will have honest differences on the relative value of various supplies and medications. The supplies you carry on board will reflect your medical training and experience, your knowledge of your crew's known medical issues, and your itinerary and duration of the voyage away from possible medical support or resupply. That said, this is what I would carry on board for coastal cruising. What I would add **for offshore racing or an extended passage is *in italics***:

## tools:

- iris scissors (pointed fine tips)
- bandage ("EMT") scissors--blunt tip
- forceps (tweezers)
- automated BP cuff
- thermometer
- LED head lamp (Petzl, Black Diamond)
- hot water bottles (3)
- magnifying glass
- suture materials (only if prior training and experience)
- scalpel blades #11& #15 (2 each)
- duct tape
- 1 1/2" #16 sterile needle--2 (draining hematomas under nails, emergency tracheostomy).
- Foley (urinary) catheter (16F) kit (sterile)*

## orthopedic:

- SAM splint material
- ACE bandage 3",4",6"
- dressing tape
- elastic, self adhering wrap (Coban)
- triangular sling

## **wound care:**

- bar of plain soap
- Zip-Lock bags for irrigation
- soft bristle toothbrush (in unopened package) for wound cleaning
- non-sterile gloves (nitrile if latex allergic)
- cotton swabs
- Steristrips 1/4" and 1/2" (or duct tape!)
- tincture of benzoin (skin adhesive for wound closure strips)
- cyanoacrylate glue (Dermabond ~\$24/ 0.5ml, VetBond ~\$14/3ml or Superglue for \$2.99).

## **bandage materials:**

- 8" x 10" sterile pads (6)
- 4" x 4" sterile gauze pads (24)
- non-adherent dressing (Telfa,etc)
- stretch bandaids in various widths and finger shapes.
- porous adhesive tape (multiple rolls)
- transparent,waterproof, breathable bandages (Tegoderm, Opsite, etc) -for burns and cuts that will get wet.
- moleskin --protect blisters and abrasions.
- Spenco Second Skin--blisters and burns.
- Coban (see ortho above).

## **OTC Medications:**

- acetaminophen** (Tylenol,etc) for headaches, minor bumps.
- ibuprofen** for sprains, strains, headache and general pain.
- aspirin** 325mg--one only in event of suspected heart attack.
- aluminum hydroxide** antacid ( Maalox, Mylanta,etc)
- ranitadine** (Zantac,etc)--heartburn;
- diphenhydramine** (Benadryl,etc). Allergic reactions, sleep aid.
- hydrocortisone 1%**--mild allergic skin rashes and itch.
- loperamide (Imodium)**--effective for diarrhea
- terbinafine ointment**--for fungal rashes
- meclizine**--seasickness prevention

## **Prescriptions Meds: (use in consultation with medical professional if possible)**

- **anti-infectives:**

- mupirocin (Bactroban)**--very effective topical antibiotic for small, local infections.
- amoxicillin/clavulenic acid (Augmentin,etc)**--skin infections, resp. infections).
- cephalexin**--skin infections if penicillin allergic.
- trimethoprim/sulfa--UTI, skin infections if known history of MRSA.
- ciprofloxacin (Cipro)**--UTI, bacterial enteritis (salmonella,etc)
- metronidazole (Flagyl)**--giardia, abdominal infections like diverticulitis, appendicitis distant from surgical care).
- erythromycin eye ointment** --for eye infections.
- cortisporin ear drops** --for swimmer's ear

- **anti-allergy:**

- prednisone**--potent anti-allergy/anti-inflammatory, especially asthma.
- triamcinolone 0.1% ointment**--stronger than hydrocortisone especially with dressing
- Epi-Pen**--for severe anaphylaxis (bee stings,etc). expensive, very short expiration date.
- epinephrin 1:1000 USP vial** -- with minimal training, can draw up 0.3ml in 1.0ml syringe wth #25 needle.

- **anti-nausea:**

- promethazine**--suppositories (for established vomiting) and tablets for nausea.
- ondansatron**--dissolvable sublingual wafers for nausea. Not shown effective for seasickness, but great for other forms of nausea
- scopolamine TSS patch**--for seasickness prevention in responsive patients.
- scopolamine tabs (Scopace)**--for seasickness prevention.

• **Pain:** (must be kept under lock and key--  
high diversion/abuse potential).

- codeine 30mg *without* acetaminophen.
- injectable morphine** (*subcutaneous, IM*)--*for severe pain (broken bones, etc)*
- vinegar**--- *for jellyfish stings*

• **Dental:**

- oil of clove.** Can relieve pain.
- Cavit,** temporary filling material.
- beeswax

**In Addition:**

All crew members should have their personal medical supplies, individual OTC meds and any prescription medications readily accessible. Ideally, these should be discussed with the designated medical officer before and during use.

**AED ???** ---infinitesimally remote odds of need or successful use!

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*The kit detailed above is by no means all-inclusive and may not contain specific equipment or medications that would be recommended by other professionals or will be needed by some sailors or crews--especially those with special or pre-existing medical problems. **A consultation with a medical provider to better tailor the kit to specific needs is strongly advised.***