

Content

- ☐ Good quality OTC antihistamine to relieve symptoms of allergies (perhaps 2 different?), e.g. Cetirizine, Loratadyna
- ☐ Painkiller (use with care): Paracetamol, Ibuprofen, Naproxen, Aspirin
- ☐ Two different seasickness remedies, e.g. Scopolamine patches, Dimenhydrinate tablets, Armbands
- ☐ Anti-diarrhoeal treatment, e.g. Imodium, Charcoal, Enterol, Parentelol or any *Saccharomyces boulardii* medication, Nifuroksazyd
- ☐ Antiseptic cream, e.g. Germolene or similar
- ☐ EpiPen auto-injectors containing adrenaline for allergic emergencies (at least 2)
- ☐ Cold medications, e.g. Vitamin C in powder, sore throat tablets
- ☐ Anti-viral medications, e.g. Aciclovir, Amantadine
- ☐ Antibiotics for bacterial infections, e.g. Augmentin, Amoxiclav
- ☐ Antifungal cream, e.g. Clotrimazol
- ☐ Antimalaria pills if required (check which areas are risk zones)
- ☐ Contraceptives (these can be difficult to source in some countries)
- ☐ Rehydration packs
- ☐ Ear infection antibiotic ointment, e.g. Diprogenta
- ☐ Any personal medications
- ☐ "Normal" pressure dressings in a couple of different sizes
- ☐ An Israeli / hemostatic / compression dressing
- ☐ A couple of good quality burns dressings (cling film could also be used)
- ☐ A large, elastic bandage for sprains
- ☐ Sterile eye pads
- ☐ Triangular bandage (sling)
- ☐ Safety pins
- ☐ Tourniquet
- ☐ Steri-Strips closure for closing incisions and skin lacerations
- ☐ SAM splints to support any fractured or injured limb

- ☐ Burns treatment gel/liquid
- ☐ Hot-cold compress ("ice packs") for contusions and cooling burns
- ☐ Aloe vera gel for treating sunburns or burnt skin
- ☐ Sting relief spray or bite away device
- ☐ A variety of plasters
- ☐ Sterile dressing pads/gauze and a couple of rolls of microporous tape
- ☐ Zinc oxide tape
- ☐ A pair of scissors (1 pair "tough cut" is a good idea) and tweezers
- ☐ Resuscitation face mask (ideally rigid face shield type)
- ☐ Latex-free protective gloves
- ☐ Pack of antiseptic wipes
- ☐ Sanitizing hand gel
- ☐ Sterile solution for flushing wounds/abrasions, e.g. saline
- ☐ Electronic thermometer
- ☐ Baking soda
- ☐ Books/Manuals: The ship captain's medical guide, First Aid manual, survival instructions

Try to store medications at the appropriate temperature!

Disclaimer: Treat this list as an example. Consult your doctor and create your own list that meets the needs of your own crew. The various medications and supplies should take into account your medical history.