

ARWC2018 – RAID IN FRANCE

EMERGENCY FIRST AID KIT

DIARRHOEA	LOPERAMIDE 2p first and 1 after each diarrhoea. Max 8/day	Medication to provide symptomatic relief for diarrhoea to help reduce excessive fluid losses. Note antidiarreal do not eliminate the cause of diarrhoea. Further medical attention may be required.
ALLERGY	CETIRIZINE or HYDROXYZINE DICHLORHYDRATE 1 per day 2 to 4 per day. Risk of sleepness	Antihistamine tablets inhibits the action of histamines and can be taken in event of allergic reaction. Further medical attention may be required.
FEVER OR PAIN	Paracetamol 1000mg,4 per day	Anti-fever, pain-killer and headache
STRAPPING TAPE	1 roll	
PRESSURE BANDAGE	2 meters x 7.5cm	Total length of bandage is minimum 2 meters unstretch. Multiple bandages are permitted. Used to create localised pressure to site of injury.
WOUND DRESSING STERIL	4 BLISTERS	Applied to wound to prevent further harm and promote healing. Self adhesive or used in conjunction with a bandage.
SECOND SKIN	1 box	Band aid advanced and healing blister. Like Spenco second skin.
OPHTALMIA	Sodium chlorure 0.9%	Eye wash
SURVIVAL BLANKET	1	
CISORS	1	
TWEEZERSS	1	
ANTI-MOSSQUITOS LOTION	250 ML	PROTECTION AGAINST MOSQUITOS BECAUSE NO PALLUDISM BUT DENGUE+++ incubation 5 to 10 days (be carefull after the race) and Chikoungounga. be carefull with leptospirose in canyons, swamps, sleeping waters...watch again even 7 to 21 days after the race.