

RECOMMENDED ITEMS FIRST AID KIT ADDITIONAL FOR TEAMS

ARWC 2018 – RAID IN FRANCE

Recommended Items - Additional first aid items that are highly recommended include (not in contravention of anti-doping rules) analgesics, anti-inflammatory, electrolyte replacement, disinfectant and antiseptic solutions/creams, blister treatment, CPR face

Symptoms	Therapeutic category	Posology	Quantities/ Assistance
Anti-fever, Pain killer, Headache	Acetyl salisilic acid 500 or 1000 mg Or Paracetamol : 500 or 1000mg	3g/day in 3 or 6 times 3g/day in 3 times each 8 hours 2p x 4/day each 6 or 8 hours	2 boxes
Serious pain	Paracetamol/codein 500/30mg	2p x 3/day each 8 hours Risk of sleepiness	2 boxes
Joins/muscular injuries	Ibuprofene 400 mg	3p/day each 8 hours	2 boxes
abdominal pain	Phloroglucinol (orodispersible)	2p x 4/day each 6 hours	2 boxes
diarrhoea	Loperamide	2p first and 1 after each diarrhoea Max 8:Days	1 box
Diarrhoea/abdominal pain	Diosmectite (smecta)	3 sachets/day	1box
Nausea-vomiting	Metoclopropamide Or Metopimazine (orodispersible)	1p x 3/day 2 to 4p/day	1 box
Allergy	Cetirizine Or Hydroxyzine (DCI) dichlorhydrate 25 mg	1p/day 2 to 4 p/day Risk of sleepiness	1 box
Ophthamia	Sodium chlorure 0,9‰ unidose And Antiseptic lotion : ex C�ethexonium And Ocular compress	Wash eyes if conjunctival irritation : x 5 per day 1 drop X 3 or 4 / Day	15 doses 1 dose 1
Nose bleeding	Hemaustatic gaze		1 box
Blisters	Band aid advanced healing blister Compeed plaster, Spenco 2 nd skin	Different shape and size	2 boxes
Antiseptic	Iodo Povidone solution 10%(unidose) Or Hexamidine		10 doses + 125 ml 45ml + 300ml
Compress	Steril compress		20 units
Compress (2)	Compress with povidone		2 units
Bandages	Nylex, elastoplaste, coheban		1 roll of each
	scissors		1
	tweezers		1
	Fungicide powder		1
Sun care	Total sunscream cream min 15		100g
Foot cream	Cream NOK, Vaseline...		1
Survival blanket			
Skin irritation	Vaseline		1
Gastro intestinal reflux	H2 antihistaminic omeprazol		1
Antiseptique urinaire	Fosfomycine trometamol (mono dose)		1
Antiinflammatory cream	Voltarene gel...		1
Antiseptic cream	Hexomedine, betadine		1

*: means that you need to have 3 days of treatment with you. For example:

Paracetamol: 500 or 1000mg: 3g/day in 3 times each 8 hours: 9 g for 3 days or 9 pills of 1000mg or 18 of 500mg