

LIST OF RECOMMENDED MEDICINES AND EQUIPMENT ON BOARD OFF-SHORE RACING YACHTS

WHO Format

MEDICINES							
I	II	III					IV
Item No	Recommended Medicine and Dosage Strength Representing Best Practice on Board Off-shore Racing Yachts	Recommended Quantity for 10 Sailors on Board Off-shore Racing Yachts (WS OSR Cat. 0-4)					Indications on Board Off-shore Racing Yachts
		0	1	2	3	4	
1.	Acetylsalicylic acid 300mg tablet N02BA01	30	30	20	20	20	To inhibit formation of blood clots in angina pectoris, myocardial infarction, stroke
2.	Acyclovir 5% cream (10g) D06BB03	2	2				To treat cold sores
3.	Adrenaline auto-injector 0.5mg C01CA24	2	2	2			To raise blood pressure in anaphylaxis; to dilate airways in severe asthma or anaphylaxis
4.	Adrenaline 1mg/ml ampoule C01CA24	10	10	10			To raise blood pressure in anaphylaxis; to dilate airways in severe asthma or anaphylaxis
5.	Amethocaine 5% eye drops (10 ml) S01HA03	1	1				For eye examination and procedures
6.	Amoxicillin + clavulanate 500/125 tablet J01CR02	60	60	10			To treat infections responsive to this antibiotic
7.	Amoxicillin + clavulanate 1000/200 ampoule J01CR02	10	10				To treat infections responsive to this antibiotic
8.	Antacid alginate sodium tablet 500mg A02AX	60	60	20			Heartburn relief
9.	Azytromycin 500mg J01FA10 or doxycycline 100mg tablet J01AA02	15 (50)	15 (50)	3 (10)			To treat infections responsive to this antibiotic
10.	B-panthenol ointment 30g D03AX03	3	3	1			Skin care
11.	Beclomethasone inhaler (200 doses) R03BA01	1	1				To control symptoms of asthma
12.	Bisacodyl 5mg tablet A06AB02	60	60				For treatment of constipation
13.	Ceftriaxone 1g ampoule J01DD04	10	10				To treat infections responsive to this antibiotic

14.	Chloramphenicol S01AA01 or tetracycline eye ointment (4g) S01AA09	2	2	1	1	1	Eye infections
15.	Chlorphenamine 10mg/ml ampoule R06AB04	5	5	5			For acute urticaria; control of allergic reactions
16.	Choline salicylate gel (15g) N02BA03 & Other agents for local oral treatment A01AD11	1	1				To relieve pain, inflammation, lesions and ulcers in the mouth
17.	Cinnarizine 15mg N07CA02 or dimenhydrinate + caffeine (30/10mg) tablet R06AA52	170	170	20	20	20	To prevent and treat motion-sickness
18.	Ciprofloxacin 500mg tablet J01MA02	30	30				To treat infections responsive to this antibiotic
19.	Clotrimazole 500mg pessary G01AF02	2	2				To treat vaginal fungal infections
20.	Cyclizine 50mg/ml ampoule R06AE03	10	10	10			Treating motion-sickness and vomiting
21.	Dexamethasone eye drops 0.1% (10 ml) S01BA01	1	1				To treat eye inflammation
22.	Diazepam 5mg tablet N05BA01	60	60	30			To treat alcohol withdrawal; to treat anxiety and psychosis
23.	Diazepam 10mg/2ml ampoule N05BA01	10	10				To treat anxiety and seizures
24.	Diclofenac 1% gel M02AA15	10	10				To reduce moderate pain
25.	Flucloxacillin 500mg tablet J01CF05	80	80				To treat infections responsive to this antibiotic
26.	Furosemide 40mg tablet C03CA01	20	20				Diuretic
27.	Fusidic acid 2% ointment (30g) D06AX01	4	4				To treat skin infection
28.	Glyceryl trinitrate 400mcg spray (200 metered sprays) C01DA02	1	1				To treat angina pectoris (chest pain) to treat myocardial infarction
29.	Haemorrhoid preparations – proprietary preparation of choice C05AX	2	2				Haemorrhoid preparations
30.	Hydrocortisone 1% cream (15g) D07AA02	3	3				To treat allergy and some other inflammatory skin conditions
31.	Hydrocortisone 100mg/ml (5ml) ampoule H02AB09	5	5	5			To treat life-threatening and severe asthma; to treat anaphylaxis; to treat severe allergic reactions
32.	Hyoscine hydrobromide 1,5mg patch A04AD01	5	5	3			To prevent motion sickness
33.	Ibuprofen 400mg tablet M01AE01	100	100	20			To treat inflammation; to reduce mild to moderate pain, especially if associated with inflammation

34.	Lansoprazole 30mg tablet A02BC03	60	60				To treat gastro-oesophageal reflux; to treat ulcer disease
35.	Lignocaine 2% 5ml ampoule N01BB02	10	10				Local anaesthesia
36.	Lignocaine gel (6ml) N01BB02	1	1				Local anaesthetic
37.	Loperamide 2mg tablet A07DA03	60	60	20			To treat symptoms of diarrhoea
38.	Loratadine 10mg tablet R06AX13	30	30	30			To treat allergy symptoms
39.	Macrogol oral powder (sachets) A06AD15	16	16				For treatment of constipation
40.	Metronidazole 400mg tablet P01AB01	20	20				To treat intestinal infections responsive to this antibiotic
41.	Metronidazole 1g suppository G01AF01	10	10				To treat intestinal infections responsive to this antibiotic
42.	Miconazole 2% ointment (30g) D01AC02	2	2				To treat fungal skin infections
43.	Miconazole 2% D01AC02 + hydrocortisone ointment (30g) D01AC20	2	2				To treat fungal skin infections
44.	Oral rehydration salts sachets A07CA	20	20				To prevent or treat dehydration
45.	Paracetamol 500mg tablet N02BE01	100	100	40	40	40	To reduce pain and fever
46.	Permethrin lotion 5% (60g) P03AC04	2	2				To treat scabies
47.	Petroleum Jelly 30g D02AC	3	3				To treat chapped skin. For lubricating rectal thermometer
48.	Phloroglucinol 80mg A03AX12 or hyoscine butylbromide 10mg tablet A03BB01	20	20	10	10	10	To relieve intestinal or urinary spasms
49.	Prednisone 5 mg tablet A07EA03	100	100	100			To treat severe asthma; to treat other inflammatory conditions
50.	Prochlorperazine 3mg oral dispenser (50) N05AB04	1	1				to control severe nausea and vomiting
51.	Salbutamol aerosol (inhaler - 200 doses) R03AC02	1	1				To treat asthma; to treat other lung diseases
52.	Silver sulfadiazine cream (50g) D06BA01	2	2	1	1	1	Treatment of burns
53.	Sodium chloride 0,9% infusion (plastic-bottle 1 litre or 2x500ml plastic bottle) B05XA03	10	10				For fluid replacement
54.	Tobramycin / Dexamethasone eye/ear drops, (10ml) S01CA01	2	2				To treat Eye and Ear infections

55.	Tramadol 50mg N02AX02 or Oxycodone 15mg tablet N02AA05	100	100	20			Against severe pain
56.	Tramadol 100mg/2ml ampoule N02AX02	20	20	20			Against severe pain
57.	Water for injection ampoule 5ml V07AB	10	10				Reconstitution of injectable drugs provided as powders
EQUIPMENT							
RESUSCITATION EQUIPMENT							
58.	Oropharyngeal airway (Guedel / Mayo-tube) size 3 & 4 (medium & large)	2	2	2	2	2	Oropharyngeal airways
59.	Pocket face mask	1	1	1	1	1	For mouth-to-mouth resuscitation
60.	Manual aspirator (including 2 catheters)	1	1				Mechanical aspirator to clear upper airways
DRESSING MATERIAL AND SUTURING EQUIPMENT							
61.	Wound closure strips	30	30	20	20	20	Adhesive skin closures
62.	Sutures, silk non-absorbable with curved non-traumatic needle 2/0	10	10				Suturing equipment
63.	Sutures, absorbable with curved non-traumatic needle 3/0	10	10				Suturing equipment
64.	Skin Stapler x 15 staples	2	2	1			Wound staplers
65.	Stapler remover	1	1	1			Wound staplers
66.	2-octyl cyanoacrylate 0,7ml ampoule	6	6	2			Skin (wound) adhesive
67.	Assorted wound plasters	30	30	20	20	20	Adhesive dressing
68.	Adhesive wound dressing 10 x 10 cm	25	25	5	5	5	Adhesive dressing
69.	First aid absorbent gauze covered cotton pad sewn onto a cotton bandage small	1	1	1	1	1	Sterile compressive bandages
70.	First aid absorbent gauze covered cotton pad sewn onto a cotton bandage medium	1	1	1	1	1	Sterile compressive bandages
71.	First aid absorbent gauze covered cotton pad sewn onto a cotton bandage large	1	1	1	1	1	Sterile compressive bandages
72.	Sterile gauze compresses 10 x 10cm	20	20	5	3	3	Sterile gauze compresses
73.	Low adherent dressing 10 x 10cm	20	20	2	2	2	Gauze dressing with non-adherent surface
74.	Iodine non-adherent dressing 10 x 10cm	10	10	2			Gauze dressing with non-adherent surface

75.	Burn dressing 10 x 10cm	2	2	2			Burn dressing
76.	Burn bag for hands (sterile)	1	1				Burn dressing
77.	Haemostatic dressing	4	4	1	1	1	Haemostatic agent
78.	Elastic fixation bandage 6cm x 4m	5	5	2	2	2	Bandage
79.	Tubular bandage 5, 8, 10cm x 10m	3	3				Bandage
80.	Adhesive surgical tape 2.5cm x 10m	1	1	1	1	1	Bandage
81.	Wound wipes (Chlorhexidine)	4	4	4	4	4	Antiseptic
82.	Sterile gauze swabs 5x5 cm	20	20				Sterile swabs
83.	Adhesive elastic bandage 7.5cm x 4.5m	2	2	2	2	2	Bandage
84.	Cohesive bandage 7.5cm x 4.5cm	1	1				Bandage
85.	Trauma tourniquet	1	1	1	1	1	Compressing device (bandage), to control bleeding
86.	Eye bath	1	1				To wash away particles - to cleanse the eyes
87.	Eyewash sterile (20ml)	4	4	4	4	4	To cleanse the eyes
88.	Eye pad	1	1				Dressing
89.	Eye shield	1	1				To cover (protect) the eye
90.	Surgical gloves sterile, in pairs M	10	10				Gloves
91.	Surgical gloves sterile, in pairs L	10	10				Gloves
92.	Gloves non-sterile, disposable	10	10				Gloves
INSTRUMENTS							
93.	Bandage scissors (Tough cut scissors)	1	1	1			Scissors
94.	Scissors surgical 12cm	1	1	1	1	1	Scissors
95.	Artery clamp	1	1				Haemostatic clamp
96.	Needle holder	1	1				Needle Holder
97.	Teeth tissue forceps	1	1				Forceps
98.	Splinter forceps (tweezer)	1	1				Forceps
99.	Razor, disposable	2	1				To cut the clothes
100.	Scalpel, sterile, disposable	4	4				Disposable scalpels
EXAMINATION AND MONITORING EQUIPMENT							
101.	Disposable tongue depressor	10	10				

102.	Stethoscope	1	1				
103.	Otoscope	1	1				
104.	Sphygmomanometer manual	1	1				Blood pressure set
105.	Sphygmomanometer automatic	1	1				Blood pressure set
106.	Large BP cuff	1	1				Blood pressure cuff
107.	Thermometer digital	1	1	1			Thermometer
108.	Pulse oximeter	1	1	1			For monitoring of oxygen saturation
109.	Urine testing strips 10 parameters	25	25				Reactive strips for urine analysis
110.	Blood glucose testing kit / 25 strips + 25 needles	1	1				Reactive strips for blood analysis
111.	Pregnancy testing kit	2	2				Reactive strips for urine analysis
EQUIPMENT FOR INJECTION, INFUSION AND CATHETERIZATION							
112.	Syringes 5ml	10	10				Equipment for injection
113.	Syringes 2ml	10	10				Equipment for injection
114.	Needle 23G hypodermic	20	20				Equipment for injection
115.	Intravenous infusion cannula 16G and 22G, Luer lock connection	6	6				Equipment for infusion
116.	Intravenous giving set, Luer lock connection	3	3				Equipment for infusion
117.	Urinary catheters 14G & 16G silicone	2	2				Equipment for catheterisation
118.	Urine drainage bag	1	1				Equipment for catheterisation
119.	Nasogastric tube 12F, 16F	2	2				For nutritional support and therapeutic purposes
GENERAL MEDICAL AND NURSING EQUIPMENT							
120.	Ethanol 70% hand cleanser gel 250ml	2	2	1			An alternative to hand washing
121.	Head torch	1	1	1			
122.	Foil blanket	1	1				To retain body heat
123.	Cling film	1	1				
124.	Cold pack	2	2	2	2	2	To reduce swelling and pain
125.	Dental repair kit	1	1				
IMOBILIZATION AND TRANSPORTATION EQUIPMENT							
126.	Malleable splint	2	2	2	2	2	For immobilizing bone and soft tissue injuries

127.	Inflatable splints arm & leg	1	1				For immobilizing bone and soft tissue injuries
128.	Traction splint	1	1				To treat severe midshaft fractures of the femur
129.	Neck collar, semi-rigid, adjustable	1	1	1	1	1	For neck immobilization
130.	Pelvic binder	1	1				For initial management of pelvic ring injuries
131.	Casting tape fiberglass 10cmx3,5m, foam & wrap	1	1				For immobilizing broken or fractured limbs
132.	Crepe bandage 7.5cm	2	2				To offer support and compression for joints and strained muscles
133.	Triangular bandage	2	2				For use as a sling, for splinting or for general padding and protection
134.	Safety pins	6	6				
135.	Evacuation stretcher	1	1				Stretcher