

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

I Module	II Treatment Requirements	III Recommended Medicine and Dosage Strength Representing Best Practice on Board Off-shore Racing Yachts	IV Recommended Quantity for 10 Sailors on Board				
			0	1	2	3	4
First Aid	Analgesics – oral	Paracetamol 500mg tablet N02BE01	100	100	40	40	40
		Tramadol 50mg N02AX02 or Oxycodone 15mg tablet N02AA05	100	100	20		
		Ibuprofen 400mg tablet M01AE01	100	100	20		
	Minor wound treatments	Wound closure strips	30	30	20	20	20
		Adhesive wound dressing 10 x 10cm	25	25	5	5	5
		Elastic fixation bandage 6cm x 4m	5	5	2	2	2
		Sterile Swab 5x5 cm	20	20			
		Wound wipe (Chlorhexidine)	4	4	4	4	4
		Assorted wound plaster	30	30	20	20	20
		Adhesive surgical tape 2,5cm x 10m	1	1	1	1	1
	Trauma dressings	Haemostatic dressing	4	4	1	1	1
	Emergency airway adjuncts	Oropharyngeal airway (Guedel / Mayo-tube) size 3 & 4 (medium & large)	2	2	2	2	2
		Pocket face mask	1	1	1	1	1
	Equipment	Head torch	1	1	1		
		Bandage scissors (Tough cut scissors)	1	1	1		
		Foil blanket	1	1			
Emergency/ Allergy	Adrenaline	Adrenaline Auto injector 0.5mg C01CA24	2	2	2		
		Adrenaline 1mg/ml ampoule C01CA24	10	10	10		

	Steroids	Prednisone 5mg tablet A07EA03	100	100	100		
		Hydrocortisone 100mg/ml (5ml) ampoule H02AB09	5	5	5		
	Antihistamines	Loratadine 10mg tablet R06AX13	30	30	30		
		Chlorphenamine 10mg/ml ampoule R06AB04	5	5	5		
	Emergency asthma treatment	Salbutamol aerosol (Inhaler - 200 doses) R03AC02	1	1			
		Beclomethasone inhaler (200 doses) R03BA01	1	1			
	Emergency heart treatment	Acetylsalicylic Acid 300mg tablet N02BA01	30	30	20	20	20
		Furosemide 40mg tablet C03CA01	20	20			
		Glyceryl trinitrate 400mcg spray (200 metered sprays) C01DA02	1	1			
	Sedatives	Diazepam 5mg tablet N05BA01	60	60	30		
		Diazepam 10mg/2ml ampoule N05BA01	10	10			
Analgesics	Analgesics – IV	Tramadol 100mg/2ml ampoule N02AX02	20	20	20		
	Anti-sickness injections	Cyclizine 50mg/ml ampoule R06AE03	10	10	10		
	Local anaesthetic	Lignocaine 2% 5ml ampoule N01BB02	10	10			
		Lignocaine gel (6ml) N01BB02	1	1			
		Diclofenac 1% gel M02AA15	10	10			
Antibiotics	Penicillin antibiotics	Amoxicillin + clavulanate 500/125 tablet J01CR02	60	60	10		
		Amoxicillin + clavulanate 1000/200 ampoule J01CR02	10	10			
		Flucloxacilin 500mg tablet J01CF05	80	80			
	Non-penicillin antibiotics	Ciprofloxacin 500mg tablet J01MA02	30	30			
		Azytromycin 500mg J01FA10 or doxycycline 100mg tablet J01AA02	15 (50)	15 (50)	3 (10)		
		Metronidazole 400mg tablet P01AB01	20	20			
		Metronidazole 1g suppository G01AF01	10	10			

	Topical antibiotics	Ceftriaxone 1g ampoule J01DD04	10	10			
		Clotrimazole 500mg pessary G01AF02	2	2			
		Fusidic acid 2% ointment (30g) D06AX01	4	4			
		Permethrin lotion 5% (60g) P03AC04	2	2			
Gut/Seasickness		Cinnarizine 15mg N07CA02 or dimenhydrinate + caffeine (30/10mg) tablet R06AA52	170	170	20	20	20
		Hyoscine hydrobromide 1,5mg patch A04AD01	5	5	3		
		Prochlorperazine 3mg oral dispenser (50) N05AB04	1	1			
	Anti-spasmodic	Phloroglucinol 80mg A03AX12 or hyoscine butylbromide 10mg tablet A03BB01	20	20	10	10	10
	Anti-diarrhoeal	Loperamide 2mg tablet A07DA03	60	60	20		
	Anti-constipation	Macrogol oral powder (sachets) A06AD15	16	16			
		Bisacodyl 5mg tablet A06AB02	60	60			
	Indigestion treatment	Lansoprazole 30mg tablet A02BC03	60	60			
	Anti-acide	Antacid alginate sodium tablet 500mg A02AX	60	60	20		
	Rehydration	Oral rehydration salts sachets A07CA	20	20			
		Sodium chloride 0,9% infusion (plastic-bottle 1 litre or 2x500ml plastic bottle) B05XA03	10	10			
		Water for injection (ampoule 5ml) V07AB	10	10			
Skin Repair	Sutures	Sutures, silk non-absorbable with curved non-traumatic needle 2/0	10	10			
		Sutures, silk absorbable with curved non-traumatic needle 3/0	10	10			
	Wound staplers	Skin Stapler x 15	2	2	1		
		Staple Remover	1	1	1		
	Wound adhesive	2 – octyl cyanoacrylate 0,7ml ampoule	6	6	2		
	Skin care	B-panthenol ointment 30g D03AX03	3	3	1		
		Petroleum Jelly 30g D02AC	3	3			

	Surgical instruments	Scissors surgical 12cm	1	1	1	1	1
		Artery clamp	1	1			
		Needle holder	1	1			
		Teeth tissue forceps	1	1			
		Splinter forceps (tweezer)	1	1			
		Razor, disposable	2	1			
		Scalpel , sterile, disposable	4	4			
Eyes/Mouth/ Skin	Eye and Ear treatments	Chloramphenicol S01AA01 or tetracycline eye ointment (4g) S01AA09	2	2	1	1	1
		Amethocaine 5% eye drops (10 ml) S01HA03	1	1			
		Dexamethasone eye drops 0.1% (10 ml) S01BA01	1	1			
		Eyewash sterile (20ml) S01XA20	4	4	4	4	4
		Tobramycin / Dexamethasone eye/ear drops, (10ml) S01CA01	2	2			
		Eye pad	1	1			
		Eye shield	1	1			
		Eye bath S01XA20	1	1			
	Burns treatment	Silver sulfadiazine cream (50g) D06BA01	2	2	1	1	1
		Burn dressing 10 x 10	2	2	2		
		Burn bag for hands (sterile)	1	1			
	Anti-fungal skin creams	Miconazole 2% ointment (30g) D01AC02	2	2			
		Miconazole 2% D01AC02 + hydrocortisone ointment (30g) D01AC20	2	2			
	Anti-viral	Acyclovir 5% cream (10g) D06BB03	2	2			
	Anti-inflammatory	Hydrocortisone 1% cream (15g) D07AA02	3	3			
	Dental treatment	Dental repair kit	1	1			
		Choline salicylate gel (15g) N02BA03 & Other agents for local oral treatment A01AD11	1	1			

	Haemorrhoid treatment	Haemorrhoid preparations – proprietary preparation of choice C05AX	2	2			
Dressings/ Splints	Compression dressings	Tubular bandages 5, 8, 10cm x 10m	3	3			
		First aid absorbent gauze covered cotton pad sewn onto a cotton bandage small	1	1	1	1	1
		First aid absorbent gauze covered cotton pad sewn onto a cotton bandage medium	1	1	1	1	1
		First aid absorbent gauze covered cotton pad sewn onto a cotton bandage large	1	1	1	1	1
	Wound dressings	Low Adherent Dressing 10 x 10	20	20	2	2	2
		Iodine Non-Adherent Dressing 10 x 10	10	10	2		
		Sterile gauze compresses 10x10	20	20	5	3	3
	Fracture/Splints	Casting tape fiberglass 10cmx3.5m, foam & wrap	2	2			
	Adhesive strapping	Adhesive elastic bandage 7.5cm x 4.5m	2	2	2	2	2
		Cohesive bandage 7.5cm x 4.5cm	1	1			
	Splints	Crepe bandage 7.5cm	2	2			
		Triangular bandage	2	2			
		Safety pins	6	6			
		Traction splint	1	1			
		Evacuation stretcher	1	1			
		Malleable splints	2	2	2	2	2
		Inflatable splints arm & leg	1	1			
		Neck collar, semi-rigid	1	1	1	1	1
		Pelvic binder	1	1			

	Sprain treatment	Cold Pack	2	2	2	2	2
Equipment	Emergency Bleeding	Trauma Tourniquet (CAT)	1	1	1	1	1
	Airway Management	Manual aspirator (including 2 catheters)	1	1			
		Disposable tongue depressors	10	10			
		Sphygmomanometer manual	1	1			
		Sphygmomanometer automatic	1	1			
		Large BP cuff	1	1			
		Thermometer digital	1	1	1		
		Urine testing strips 10 parameters	25	25			
		Blood glucose testing kit / 25 strips + 25 needles	1	1			
		Pregnancy testing kit	2	2			
		Urinary catheters 14G & 16G silicone	2	2			
		Urine Drainage Bag	1	1			
		Pulse oximeter	1	1	1		
		Nasogastric tube 12F, 16F	2	2			
		Otoscope	1	1			
		Stethoscope	1	1			
		Syringes 5ml	10	10			
		Syringes 2ml	10	10			
		Needle 23G hypodermic	20	20			
		Intravenous infusion cannula 16G and 22G, Luer lock connection	6	6			
		Intravenous giving set, Luer lock connection	3	3			
	Gloves	Surgical gloves sterile M	10	10			
		Surgical gloves sterile L	10	10			
		Gloves non-sterile disposable	10	10			
		Cling film	1	1			

		Ethanol 70% hand cleanser gel 250ml D08AX08	2	2	1		
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