

| LIST OF RECOMMENDED MEDICINES AND EQUIPMENT ON BOARD OFF-SHORE RACING YACHTS |                           |                                                                                                            |                                                 |     |    |    |    |
|------------------------------------------------------------------------------|---------------------------|------------------------------------------------------------------------------------------------------------|-------------------------------------------------|-----|----|----|----|
| Descriptive Format                                                           |                           |                                                                                                            |                                                 |     |    |    |    |
| I                                                                            | II                        | III                                                                                                        | IV                                              |     |    |    |    |
| Module                                                                       | Treatment Requirements    | Recommended Medicine and Dosage<br>Strength Representing Best Practice on Board<br>Off-shore Racing Yachts | Recommended Quantity for 10 Sailors<br>on Board |     |    |    |    |
|                                                                              |                           |                                                                                                            | 0                                               | 1   | 2  | 3  | 4  |
| First Aid                                                                    | Analgesics – oral         | Paracetamol 500mg tablet <b>N02BE01</b>                                                                    | 100                                             | 100 | 40 | 40 | 40 |
|                                                                              |                           | Tramadol 50mg <b>N02AX02</b> or Oxycodone 15mg tablet <b>N02AA05</b>                                       | 100                                             | 100 | 20 |    |    |
|                                                                              |                           | Ibuprofen 400mg tablet <b>M01AE01</b>                                                                      | 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/<br>Allergy                                                        | Adrenaline                | Adrenaline Auto injector 0.5mg <b>C01CA24</b>                                                              | 2                                               | 2   | 2  |    |    |
|                                                                              |                           | Adrenaline 1mg/ml ampoule <b>C01CA24</b>                                                                   | 10                                              | 10  | 10 |    |    |

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

|                 |                       |                                                                                                 |     |     |    |    |    |
|-----------------|-----------------------|-------------------------------------------------------------------------------------------------|-----|-----|----|----|----|
|                 | Topical antibiotics   | Ceftriaxone 1g ampoule <b>J01DD04</b>                                                           | 10  | 10  |    |    |    |
|                 |                       | Clotrimazole 500mg pessary <b>G01AF02</b>                                                       | 2   | 2   |    |    |    |
|                 |                       | Fusidic acid 2% ointment (30g) <b>D06AX01</b>                                                   | 4   | 4   |    |    |    |
|                 |                       | Permethrin lotion 5% (60g) <b>P03AC04</b>                                                       | 2   | 2   |    |    |    |
| Gut/Seasickness |                       | Cinnarizine 15mg <b>N07CA02</b> or dimenhydrinate + caffeine (30/10mg) tablet <b>R06AA52</b>    | 170 | 170 | 20 | 20 | 20 |
|                 |                       | Hyoscine hydrobromide 1,5mg patch <b>A04AD01</b>                                                | 5   | 5   | 3  |    |    |
|                 |                       | Prochlorperazine 3mg oral dispenser (50) <b>N05AB04</b>                                         | 1   | 1   |    |    |    |
|                 | Anti-spasmodic        | Phloroglucinol 80mg <b>A03AX12</b> or hyoscine butylbromide 10mg tablet <b>A03BB01</b>          | 20  | 20  | 10 | 10 | 10 |
|                 | Anti-diarrhoeal       | Loperamide 2mg tablet <b>A07DA03</b>                                                            | 60  | 60  | 20 |    |    |
|                 | Anti-constipation     | Macrogol oral powder (sachets) <b>A06AD15</b>                                                   | 16  | 16  |    |    |    |
|                 |                       | Bisacodyl 5mg tablet <b>A06AB02</b>                                                             | 60  | 60  |    |    |    |
|                 | Indigestion treatment | Lansoprazole 30mg tablet <b>A02BC03</b>                                                         | 60  | 60  |    |    |    |
|                 | Anti-acide            | Antacid alginate sodium tablet 500mg <b>A02AX</b>                                               | 60  | 60  | 20 |    |    |
|                 | Rehydration           | Oral rehydration salts sachets <b>A07CA</b>                                                     | 20  | 20  |    |    |    |
|                 |                       | Sodium chloride 0,9% infusion (plastic-bottle 1 litre or 2x500ml plastic bottle) <b>B05XA03</b> | 10  | 10  |    |    |    |
|                 |                       | Water for injection (ampoule 5ml) <b>V07AB</b>                                                  | 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 <b>D03AX03</b>                                                         | 3   | 3   | 1  |    |    |
|                 |                       | Petroleum Jelly 30g <b>D02AC</b>                                                                | 3   | 3   |    |    |    |

|                     |                         |                                                                                                    |   |   |   |   |   |
|---------------------|-------------------------|----------------------------------------------------------------------------------------------------|---|---|---|---|---|
| Eyes/Mouth/<br>Skin | 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 |   |   |   |
|                     | Eye and Ear treatments  | Chloramphenicol <b>S01AA01</b> or tetracycline eye ointment (4g) <b>S01AA09</b>                    | 2 | 2 | 1 | 1 | 1 |
|                     |                         | Amethocaine 5% eye drops (10 ml) <b>S01HA03</b>                                                    | 1 | 1 |   |   |   |
|                     |                         | Dexamethasone eye drops 0.1% (10 ml) <b>S01BA01</b>                                                | 1 | 1 |   |   |   |
|                     |                         | Eyewash sterile (20ml) <b>S01XA20</b>                                                              | 4 | 4 | 4 | 4 | 4 |
|                     |                         | Tobramycin / Dexamethasone eye/ear drops, (10ml) <b>S01CA01</b>                                    | 2 | 2 |   |   |   |
|                     |                         | Eye pad                                                                                            | 1 | 1 |   |   |   |
|                     |                         | Eye shield                                                                                         | 1 | 1 |   |   |   |
|                     |                         | Eye bath <b>S01XA20</b>                                                                            | 1 | 1 |   |   |   |
|                     | Burns treatment         | Silver sulfadiazine cream (50g) <b>D06BA01</b>                                                     | 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) <b>D01AC02</b>                                                        | 2 | 2 |   |   |   |
|                     |                         | Miconazole 2% <b>D01AC02</b> + hydrocortisone ointment (30g) <b>D01AC20</b>                        | 2 | 2 |   |   |   |
|                     | Anti-viral              | Acyclovir 5% cream (10g) <b>D06BB03</b>                                                            | 2 | 2 |   |   |   |
|                     | Anti-inflammatory       | Hydrocortisone 1% cream (15g) <b>D07AA02</b>                                                       | 3 | 3 |   |   |   |
|                     | Dental treatment        | Dental repair kit                                                                                  | 1 | 1 |   |   |   |
|                     |                         | Choline salicylate gel (15g) <b>N02BA03</b> & Other agents for local oral treatment <b>A01AD11</b> | 1 | 1 |   |   |   |

|                               |                       |                                                                                |    |    |   |   |   |
|-------------------------------|-----------------------|--------------------------------------------------------------------------------|----|----|---|---|---|
|                               | Haemorrhoid treatment | Haemorrhoid preparations – proprietary preparation of choice <b>C05AX</b>      | 2  | 2  |   |   |   |
| <b>Dressings/<br/>Splints</b> | 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<br><b>D08AX08</b> | 2 | 2 | 1 |  |  |
|--|--|-------------------------------------------------------|---|---|---|--|--|