



Official Recommendation of the ICAR Medcom
Modular personal first aid medical kit for mountaineering
activities and improvised mountain rescue

Reisten O, Blancher M, Brink B, Soteras I, Watson D,

Outdoor sports, wilderness and activities

For mountaineering aside from professional mountain rescue when mountaineers, guides or health professionals meet critical situations.

Skills and equipment when time has to be bridged until professionals can help

In addition common minor problems shall be covered by the recommendation as well.

A modular first aid kit is recommended with material and drugs mostly internationally available and suitable for the most common major and minor problems occurring during activities in the mountains.

Evidence based as far as available

The three recommended modules of the First Aid Kit

Basic	
Airway	Pocket mask (inflatable)
Allergy and Anaphylaxis	H1-blocker
Antacid	Oxide buffer
Blisters, burns and wounds	Blister protection and treatment, gauze bandages, adhesive plaster, dressings, skin closure strips
Cold	Decongestant nose drops
Diarrhea	<u>Loperamide</u> , oral rehydration
Exhaustion	Glucose, oral rehydration
Fever	Paracetamol
Fractures	Splinting material (e.g. SAM-Splint)
General hygiene	Advice and algorithms
Infection	Disinfectant
Hypothermia	<u>Bivy bag</u>
Lip and skin protection	Sunscreen, lip protection, blister treatment
Nausea, Vomiting	<u>Dimenhydrinate</u> , Diphenhydramine
Pain	Paracetamol, <u>Ibuprofene</u> (not for Pain: Acetyl Salicylic Acid)
Miscellaneous	Container for basic module, gloves, checklist (Indications and where to get advice), scissors, tweezers, blade no. 11

The three recommended modules of the First Aid Kit

Advanced	
Altitude	Acetazolamide, Dexamethasone (tabs)
Chest pain	Acetyl Salicylic Acid
Intestinal spasm	<u>Buscopane</u>
Hypothermia	Special wrapping (e.g. Blizzard blanket)
Miscellaneous	Container for advanced module, checklist (Indications and where to get advice)

The three recommended modules of the First Aid Kit

Medical	
Airway	Airway adjunct
Allergy and anaphylaxis	Adrenaline, Dexamethasone (iv.)
Altitude problems	<u>Nifedipine</u> , <u>Dexamthasone (iv.)</u> , Sildenafil or <u>Tadalafil</u> , Salmeterol
Antacid	<u>Protone pump inhibitor</u> , H2-blocker
Blisters, burns and wounds	Topical antibiotic treatment, wound glue, suture kit (straight needle), sterile gloves
Chest pain	<u>Nitroglycerine</u> , Morphine
Circulation	Adrenaline
Cough	<u>Dihydrocodeine</u>
Exhaustion	Injectable Glucose
Eye problems	Anti-inflammatory, Antibiotic
Frostbite	Acetylic acid
Infection	Antibiotic for skin, bladder, chest, GI
Insomnia	<u>Zolpidem</u> , <u>Lorazepam</u>
Hemorrhagic shock	Tourniquet
Nausea, Vomiting	<u>Domperidone</u> , <u>injectable or sl. antiemetic drug (ondansetrone, tropisetron, haloperidole, droperidole)</u>
Pain	Tramadol, <u>Dihydrocodeine</u> , strong analgesic drug (e.g. <u>opioides</u> or ketamine)
Sedation	<u>Injectable Sedative (Midazolam)</u>
Seizures	Injectable anticonvulsive (Clonazepam, Lorazepam, Midazolam)
Miscellaneous	Container for medical module, intravenous catheter, needles, syringes, <u>nacl 0.9 %</u> plastic ampulla, waterproof note pad, pencil

The three recommended modules of the First Aid Kit

Other specific considerations	
<p>Depending on the region of travel, on the duration and kind of activity and on the related factors more preparedness can be needed. This can lead to carrying additional equipment and drugs. Mostly these demands will be covered by travel medicine, tropical medicine and expedition medicine which we refer to here.</p> <p>Additional drugs and procedures for specific situations (expeditions etc.) require especially if used on the basic and advanced level specific advice from outdoors-experienced health professionals. We refer to ICAR's recommendations for mountain medicine, mountain emergency medicine and wilderness and expedition medicine (released in cooperation with UIAA and ISMM).</p>	
Insect problems and tropical diseases	Repellents, bed nets, malaria medication, specific preparation for regional problems
Motion sickness	Scopolamine
Specific activities	Expedition, alpine climbing, sports climbing, ski touring, canyoneering, caving, swift water, hiking, skiing, hang gliding etc.
Specific hygiene	Water disinfection, food hygiene, face mask, gloves
Specific personal	Medication and equipment for specific pre-existing conditions or personal needs
Special considerations	Age, gender, pregnancy etc.
Various specific problems	Poisonous fauna and flora, influence of specific environment (marine, polar, tropic, desert etc.)



Corrán Tuathail

**Thank you Irish friends for
hosting us so well !**

go raibh céad maith agat