



**ICAR**

**REC M 0005 E**

**International Commission for Alpine Rescue**

**Commission for Mountain Emergency Medicine**

**Recommendation REC M 0005 of the Commission for Mountain  
Emergency Medicine**

**of 1998**

**A Modular First Aid Kit for Alpinists, Mountain Guides and Alpinist  
Physicians**

**Urs Wiget**

Intended for physicians and pharmacists according to national regulations

The content of a backpack modular first aid kit depends on the medical knowledge of the user: "only use what you know how to use".

Therefore we propose a modular first aid kit that takes into consideration the instruction level of the user. The alpinist with only basic medical information will be satisfied with the basic module. From the professional guide we can expect greater knowledge and experience. He or she should take courses of a higher level and can then use the extension module for guides in addition to the basic module.

Physicians who do mountaineering often have difficulties to compose a small but nevertheless useful first aid kit. We propose that they take, in the same box, the three proposed modules.

The content of the three modules is complementary. It will have to be adapted, by the respective physicians, to the legal requirements of the various countries and to the availability of drugs.

## **The criteria for the composition of the pharmacy are:**

- as small and light as possible
- no easily improvisable material (e.g. scissors...)

### Medicaments:

- really useful and effective
- with a wide therapeutic security
- of a stable galenic form
- no narcotics

Clear and detailed directions for use are included

We propose to include one injectable drug in the guide's module for the following reasons:

- in case of a mountain accident there are often physicians or medical staff on the site with no equipment.
- the proposed drug is absorbed completely by mouth (beneath the tongue) and its effect is rapid and non toxic. We teach our guides to apply the content of the bulbs directly in the mouth if they can't inject it.

<b>1 BASIC MODULE</b> (for alpinists)		
PAIN, FEVER	paracetamol –tabs	10
SPASMOLYTICS	current spasmolytic drug	5
COUGH	dihydrocodeine 25 mg retard caps	5
COLD	decongestant nose drops in a plastic bottle	1
THROAT	small tablets to suck	10
DIARRHOEA	loperamide caps	5
VOMITING, TRAVEL	metoclopramide 10 mg tabs	5
ANTACID	H2 - blocker eg ranitidine 300 mg tabs, or: Aluminium - Magnesium - oxide buffer	5 10
EYES	disinfectant + astringent + and/or antiinflammatory eye salve	1 1
LIPS	lip protector salve	1
DISINFECTANT	povidone iodine 10 ml (eg Betadine)	1
<b>MISCELLANEOUS and DRESSINGS</b>		
2 compressed gauze bandages 5 cm x 10 m; adhesive plaster; some disposable adhesive dressings, skin closure strips, alcohol prep pads, 3 lancet blades, 1 small tweezer, 1 pair of gloves		
DETAILED INSTRUCTIONS FOR USE		Alu box 9 x 17 x 3 cm 300 grams

<b>2 EXTENSION MODULE</b> (for mountain guides)		
ANGINA PECTORIS	nitro caps	10
ALTITUDE	acetazolamide 500 mg caps nifedipine 20 mg retard tabs dexamethasone 4 mg tabs	5 10 10
EXHAUSTION TO SLEEP	small vitamin - glucose tabs zolpidem or midazolam tabs *	10 5
AMPOULES	tramadol 100 mg (for sublingual use)	3
1 disposable syringe 2 ml, 3 injection needles,		
DETAILED INSTRUCTIONS FOR USE		Alu box 9.5 x 18 x 4 cm 350 grams

\* **attention!** hypnotics may induce HAPE in susceptible persons! Let the physician decide whether sleeping drugs shall be included.

<b>3 EXTENSION MODULE</b> (for alpinists physicians)		
ALTITUDE	nifedipine 10 mg caps	5
ANTIBIOTICS	ciprofloxacin 500 mg tab or Co-trimoxazole 160/800 mg	5
AMPOULE	adrenaline 1 mg, 1 ml syringe, 1 intravenous catheter - over needle set (e.g. Venflon)	
WOUNDS	atraumatic thread + needle for sutures without needle holder	
<u>consider:</u>	injectable antiemetic drug (e.g. metoclopramide or droperidol) injectable strong analgetic drug (e.g. Ketamine or opiates) midazolam ampoule (1 ml, 5 mg/ml)	
Alu box 9.5 x 18 x 4 cm		1+2+3 = 380 grams