

*From the SHTP 2012 Seminar Series*

**Mike's minimalist medical kit:**

SAM splints- at least one of each size

Steristrip ( or butterfly) closures

Gauze and nonadhesive pads

Tape

Ace bandage

Thermometer

Rubbing alcohol, hydrogen peroxide, benzoin

Emergency Dental kit – \$25 on Amazon

Meds: ( \* means by prescription)

Pain meds: Aleve, Tylenol, Vicodin ( hydrocodone)\*

Cough med- Mucinex DM 1200 mg

Skin meds:

Burns- 1<sup>st</sup> degree= red skin- cool compresses  
-2<sup>nd</sup> degree= blisters- DON't open the blister, if they become use nonadherent dressing. Current recommendation is not to use Silvadene as it can delay healing, not good evidence of benefit form other prophylactic antibiotic creams, use if signs of infection occur

-3<sup>rd</sup> degree- get help ASAP

Topical antibiotics- Polysporin ( not Neosporin due to allergy risk) , Bacitracin

Allergies- Benadryl cream, 0.1% TAC \*cream 30 gm ( medium potency cortisone cream) otc HC isn't very useful)

Sunscreen !!!!!!!

Antibiotics: discuss alternatives with your doc if you have allergies to any of these

Diarrhea – Cipro\* 500 mg 3 times a day for 3 days 6 tabs

Skin infection- Keflex \*500 mg one 4 times a day 40 tabs

- nonresponse to Keflex suggests drug resistant staph switch to  
Septra DS\* one twice a day 20 tabs

Productive cough – Azithromycin\* 250 mg 2 day one then one a day for 4 days 6  
tabs

Bladder infection- Septra DS\* one twice a day for 10 days

Seasickness- whatever has worked for you- I use Transderm Scop\* for myself and bring  
meclizine and Phenergan\* ( both oral and suppositories) for crew

Allergic reactions- Benadryl( I don't think the nondrowsy ones like Clariten are potent  
enough to bother with); Prednisone\* 20 mg 3 for 3 days, 2 for 3 days 1 for 3 days for  
severe allergic reaction 18 tabs ( or whatever your docs favorite tapering schedule is)

Eye problems-

Pink eye- ofloxacin \* 2 drops 4 times a day for a week

Corneal abrasion- would NOT patch due to problems with only one eye at sea-  
use antibiotic eye drops as above

Vaccinations –

All – be sure tetanus is up to date

Over 50 –get the shingles vaccine

*Following page: A note to one's physician on materials needed for offshore  
singlehanding*

Dear Doctor

Your patient is about to embark on a sailboat race to Hawaii which will place them far from any medical facilities for 2-3 weeks. Halfway to Hawaii is as far as you can get from land anywhere on Earth, and they will be doing this alone. In addition they'll be bringing the boat back, possibly with crew, which takes just as long. In order for them to be prepared for the more common medical problems that may occur I've suggested they bring the following prescription medications:

Pain- injuries, especially rib fractures, are the most common problem and I consider 50-100 Vicodin or Percocet one of the higher priorities

ENT- Azithromycin, Cortisporin otic

Eye- Ocuflax

Skin- Keflex, Septra( for MRSA as well as UTI), Silvadene or Bacitracin for burns, medium potency steroid cream ie 0.1% TAC

GI- 3 days of Cipro

Seasickness- whatever has worked for them ie Transderm Scop, Phenergan, Zofran; plus as backup should their usual med fail them Phenergan suppositories

Severe allergic reaction ( ie Portuguese man- of -war) Medrol Dospak or prednisone

Anything else you might consider necessary for someone who will be far from medical help for over a month, especially if they have allergies to any of the above medications. They have been advised to also discuss any adjustments to their medical supplies required by any personal health problems.

Thanks so much for helping your patient in this great adventure.

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