

High Altitude (Above 8000 feet)

Travel/Hunting/Hiking

Basic wound care: Be aggressive do not let a small injury ruin the trip.

Rinse with clean water if available. Clean area with BZK towelette and/or Iodine swab, let dry, put bacitracin ointment on Gauze or Band-Aid that will cover the wound, place and secure as needed with tape or bandage. Repeat twice daily.

Triangular Bandage can be used as sling, bandage, expedient tourniquet, or any binding needs as well as many other uses including emergency water filter.

Acetaminophen/Tylenol, Ibuprofen, aspirin, can each be used individually for pain or fever. The best treatment for severe pain is 1000 mg acetaminophen combined with 400 mg of ibuprofen. This combination can be safely taken three times daily.

Bismuth tablets are for upset stomach and diarrhea.

Hydrocortisone can be used for rash that is not from injury.

Burn cream can be applied to control pain from acute burns.

Benadryl (pink and white caps) used for allergic reactions and may be taken alone or with a Tylenol for sleep aid.

Emergency water treatment: This Plastic Ziplock is made of heavy 4 mill plastic for the purpose of emergency water if not punctured. The gloves can also be utilized for water containers. For dirty water filter through gauze and or several layers of the folded Bandage. put 2-3 drops of Iodine, by squeezing out of swab, into the water and wait 30 minutes before drinking.

Z-Pack/Azithromycin antibiotic for acute illness of the respiratory tract, productive cough, sore throat, sinus infection in combination with sinus tablets. When in doubt use the Z-pack. Take 2 tabs on first day and 1 daily next 4 days.

Do not take Z-Pack if you have active Cardiac disease, any prolonged Q-T syndromes, or Excessive Palpitation history, or any history of allergic reaction to mycin class of antibiotics.

Doxycycline is useful for many infections but is included in this kit for treatment of Tick-borne infections. If you find an engorged tick, particularly if a small "nymph" size, remove the tick and take 2 Doxycycline tabs and follow with one twice daily until complete. This is a prophylactic treatment. It is best to take with food. Do not take Doxycycline with food or drinks high in calcium.

Travelers Diarrhea can ruin a trip. Primarily, try to prevent by regular hand washing with soap and water and or alcohol-based gels. Drink only bottled water. It is best to drink carbonated water if available so you know it has been processed. Avoid ICE in your drinks unless you can be sure it was made from treated water. Freezing Bacteria does not kill them, it just pisses them off. Included in the kit is **Cipro** and Bismuth tabs. Increase your water/fluid intake. If available Gatorade type drinks mixed with water mixed 50/50 are excellent replacement. Take the **cipro** twice daily and take the Bismuth tablets 1-2 three times daily. Avoid Imodium you do not want to stop the bacteria from passing let it flush through.

High Altitude: Generally, the better your physical condition and the slower you ascend, the less likely you are to have issues with any of the altitude sicknesses. If you have had altitude sickness in the past you are at a far greater risk to have it again. If planning to go above 8,000 feet start, preferably the day before ascending, taking the Acetazolamide 125mg (½ tablet) twice daily. You can stop after you are at altitude for 2-3 days.