A COMPLETE GENERAL VACCINATION AND FIRST AID KIT FOR TREKKING IN NEPAL

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FIRST AID KIT AND VACCINATION LIST FOR TREKKING IN NEPAL

Karyn Anderson has travelled a lot around Africa and the third world. Below are some suggested medications for general travel in the third world with the addition of altitude medications specific to trekking in at altitude such as in Nepal. This is a suggested list and a travel doctor should be consulted for more information on the specific illnesses you might face in the countries you are visiting.

Suggested Medication For Travel

❖ Paracetamol and Ibuprofen for pain relief
❖ Loperamide for anti diarrhea medication
❖ Metoclopramide or Ondansetron or similar for anti-nausea
❖ Consider Acetazolamide, i.e. Diamox, for altitude sickness depending on trek
❖ Ciprofloxacin, a general antibiotic that will treat most things from salmonella, to urine infections
❖ Any prescription medications you take at home

First Aid Supplies

This is not intended to be an extensive list covering all possible injuries but more of a guide of the basics that should be carried in order to have a safe trip. Add to the kit to cover injuries or illnesses that you know you are prone to. (i.e. knee or ankle supports etc.)

❖ Band aids, blister patches, mole skin, hikers wool
❖ Strapping tape, which is great for sprains and pretty much anything you can think of
❖ Clean needles good for removing splinters and popping blisters
❖ Rehydration tablets, which contain salt and sugar
❖ Consider a silver exposure blanket, which is very small to carry but can self save your life from hypothermia
❖ Antiseptic solution
❖ Antibiotic cream for possible skin infections
❖ Scissors
❖ Hand sanitizer

Vaccinations

This is again a generic guide to helpful vaccinations for travel in the third world. Other areas outside of Nepal may pose different risks (such as Yellow Fever when travelling in Africa) so the advice of a travel doctor should be sort.

❖ Tetanus booster if not had in last ten years
❖ Hepatitis A and Typhoid
❖ Make sure up to date with MMR (Measles, Mumps and Rubella)
❖ Consider meningococcal (A|C|W|Y Strains)