

PARTICIPANT MEDICAL KIT

NO	ALTITUDE ILLNESS PREVENTION	QTY
1	ACETAZOLAMIDE (Diamox) 250mg – to take ½ tablet twice a day after meals, start 2 days before the journey	30
	GINGKO BILOBA 120mg – alternate medicine for Diamox in case you are allergic to sulfa drugs – available online, dosage – one tablet twice a day	40
FEVER / HEADACHE / BODY PAIN		
2	T.PARACETAMOL – 650 mg	10
3	T. IBUPROFEN 400 mg	10
4	DICLOFENAC EMUL GEL	1
COLD / COUGH / SINUSITIS / ALLERGY		
5	LOZENGES	10
6	VICKS VAPORUB	1
7	CAMPHOR	2
8	T.FEXOFENADINE 180mg	10
9	ZECUF COUGH SYRUP (herbal)	1
NAUSEA / VOMITING		
10	T. DOMPERIDONE	10
11	T. ONDANSETRON 4mg	10
12	T.MECLIZINE (motion sickness) or T.Avomine	10
STOMACH ACHE		
13	T. DICYCLOMINE (CYCLOPAM)	10
GASTRITIS / ULCER		
14	T. RABEPREZOLE 20mg	15
15	T. GELUSIL	15
DIARRHOEA		
16	T. RACECADROTRIL 100mg / T. LOPERAMIDE	15
17	PROBIOTIC	15
CONSTIPATION		
18	T. BISACODYL	10
ANTIBIOTIC (to be taken only on doctor's recommendation)		
19	T. TINIDAZOLE 500mg	10
20	T. OFLOXACIN 200mg	10
21	T. AZITHROMYCIN 500mg	5
OTHERS		
22	POVIDONE IODINE OINTMENT	1
23	BAND-AID WASHPROOF	5
24	GLUCOSE (100 Mg PACK)	1
25	ORS – (1 LITRE PACK)	5
26	KNEE CAP (APPROPRIATE SIZE)	1 PAIR
27	CREPE BANDAGE 8cm	1