

Item	Special Regs Part 1 Section 4 Portable Equipment and Supplies	Item Number	Appendix D	M20 2025 NOR	Quantity	Comments
Date	Valid until 1 Dec 2028		Recommended from March 2024	Any changes to this document will be communicated by a NTC		Prescription Medication to be stored <25°C
						Check Expiry dates ALL MEDICATIONS and ensure adequate coverage for trip home
4.07.9	AS First Aid Kit Item 4.07.9	ID	AS Medical Modular Kits A + B + C + D for Cat 1 Plus	M20 Medical Kit Full List	Quantity	Notes
Warning	Before administering Prescription Drugs	A	INSHORE "DAY KIT"	M20 DAY KIT		
1	Seek Medical Advice via Duty Race Director	A1	Iodine based cleaning solution – 100ml (Betadine) OR Chlorhexidine if allergic to Iodine	Betadine 100ml or Chlorhexidine solution	1	Chlorhexidine if allergic to Iodine
2	Before admin Aspirin or Nitrolingual spray for suspected CARDIAC EMERGENCY (unless using crew's personal medication).	A2	Band-Aids x 20	Advanced Healing Band-Aids (J&J)	20	Apply Mefix over if not sticking.
		A3	Elastoplast dressing – 1 roll	Mefix dressing 5cm x 1m roll	1 roll	Mefix replaces Elastoplast
		A4	“Israeli Emergency bandage” or equivalent (“Olaes bandage”) 10cm	“Israeli Emergency bandage” or equivalent (“Olaes bandage”) 10cm	1	Vigorously bleeding wounds. Check blood flow to fingers/toes.
3	Treating an EYE INJURY	A5	Paracetamol 500mg x 20	Paracetamol 500mg x 20	40 tabs	Mild pain.
4	Treating SEVERE PAIN	A6	Aspirin 300mg x 20 (soluble)	Aspirin 300mg x 20 (soluble)	20 tabs	Cardiac emergencies
5	Treating DIARRHOEA in patient with FEVER	A7	“Sea sickness” tablets x 10	“Sea sickness” tablets x 10	10 tabs	Boat Medic’s choice
6	Treating SEVERE BURNS			Cellufresh eye drops (plastic single use vials)	1 box	Cellufresh added.
**	Requires a prescription			Alcohol based hand wash x 1 bottle	2 bottle	Handwash (every time after using the head)
***	Mandatory only when required by NOR			Scissors (non sterile)	1 pair	For cutting tapes

AS Medical Kits 4.07.9		Modular Medical Kit - Drug contents		M20 Main Medical Kit Drugs and Notes	
FOR VARYING DEGREES OF PAIN		Refer to Explanatory Notes for Medical Kits as in Appendix D			
Mild Pain					
***	Augmentin Duo Forte (875/125mg)	D27	Augmentin Duo Forte (875/125mg) 10 tab	2 box	Do not take if crew(s)allergic to Penicillin
	Paracetamol 500 mg (e.g. Panadol) OR	A5(20 tab) + B6(20tab) + D17(20tab) = 60 tab	Paracetamol 500 mg (e.g. Panamax)	2x100 tabs	Caution if liver /kidney disease
	Ibuprofen 200 mg (e.g. Nurofen)	B7 (10 tab) + D18(20 tab) = 30 tab	Nurofen 200mg tabs	40 tabs	Avoid if bleeding disorder, stomach ulcer, asthma
**	Panadeine Forte (Paracetamol 500mg + Codeine-30mg) x 20 tabs	B1(20 tab)	**Palexia SR 50mg tabs	40 tabs	Palexia replaces Panadeine forte. Palexia1 tab 2x day PLUS Panadol 2 tab 4 x day to control pain

***	Oxycodone 5mg tabs (e.g. Endone)		C21 (10mg strength x 20 tabs) + D5 (20mg strength x 20 tabs)	*** Oxycodone 10 mg tabs	20 tabs	Oxycodone strength limited to 10mg.
	** Oxycodone suppositories (per rectum) 30 mg- (e.g. Proladone)					Deleted
***	Morphine 10 mg/1 ml amps		D2 (10mg x 5 amps)	*** Buprenorphine 8mg S/L tabs	28 tabs (1 pack)	Morphine deleted. Buprenorphine added.
			C20 (1) + D1(1) = 3 ampoules	** Penthrane "green Whistle" 3ml/ampoule	2 whistles + 10 bottles	1 whistle each and 5 bottles each for pain relief if required
			D4 (5 amps)	*** Midazolam Intranasal spray atomiser 15mg/3ml (with cap)	25	Added. For seizures. Max 10mg per dose.
	<u>Opioid Overdose</u>					
***	Naloxone 400 mcg/ml ampoules-		D3 (5 amps)			
	CHEST PAIN					
	<u>Cardiac Emergencies</u>					
	Soluble Aspirin (e.g. Disprin)			Soluble Aspirin-	1 pkt	In Day Kit
	Glyceryl Trinitrate Spray (e.g. Nitrolingual Spray)		B19	Nitrolingual Spray	1	Cardiac, chest pain
	<u>FOR WOUNDS AND LIMBS</u>					
	Butterfly or Steristrips (Strips of 5)		D13	Large steristrips x 6	2 pkts	Small skin wounds
	Disposable Gloves		Non sterile gloves x4 pair	Non sterile gloves	10 pair	Quantity increased
	Crepe bandages 75 mm x 1.5 m					
	Crepe bandages 100 mm x 1.5 m		B12	Crepe bandages 100 mm x 1.5 m	2	
	Triangular bandage			Large	1	
	"Israeli Emergency bandage" or equivalent (such as "Olaes bandage") – 10cm x 1		A4 + D11	Israeli Emergency bandage	2	Total includes additional bandage in Day Kit
	High Absorbency non-adherent dressing (e.g. Exu-Dry)			Large High Absorbency non-adherent dressing	2	
	Low Absorbency non-adherent dressing/plain gauze (e.g. Melolin)			Melolin 10cm x 10cm	2	Covers parasuperficial wounds or over paraffin gauze dressing
			B13	Paraffin gauze dressing 5cmx5cm	5	Weeping wounds
	Band-aids or equivalent roll of bandaid		A2			Day Kit

	Sports/Strapping tape 50 mm x 2.5 m (e.g. Leukoplast)			Sports/Strapping tape 50 mm x 2.5m (e.g. Leukoplast)	1	Sprains. Musculoskeletal injuries.
	Antiseptic skin solution 15 ml (e.g. Betadine)		A1 (Day Kit)			Day Kit
	Antiseptic cream with Lignocaine HCL (e.g. Medcream)			Medicreme		Contains local anaesthetic good for bites/stings
	<u>FOR EYES</u>					
	Normal saline (for washing) 250 ml					
	Normal saline (for washing) 30 ml amps				6	Eye wash for foreign bodies
	Chloromycetin eye oint		B15	Chloromycetin eye oint	2	Eye infections. Remove foreign body first if present
				Eye pads (single use)	5	Added
				Micropore tape 2.5cm x 5m	1 roll	Added. To secure eye pads.
	<u>ANTIBIOTIC</u>					
	Severe infection					
***	Ciprofloxacin 500 mg (e.g. Ciproxin, C-Flox)			Ciprofloxacin 500 mg x 14 tabs	2 box	Alternative combination for boats where crew(s) are allergic to Penicillin. Not required where both crew have no Penicillin allergy.
			D26 - Metronidazole 200mg x21 tabs	Metronidazole 200mg x21 tabs	2 box	
			D28 - Ceftriaxone 1g injection x 5amps			Not required
**	Cephalexin 500 mg tabs (e.g. Keflex)		C22	Cephalexin 500 mg tabs x 20 tabs	2 pack	Caution if known allergy to Penicillin
				Azithromycin 500mg x 3 tabs	2 pack	Added.
	Fungal skin infection					
	Clotrimazole cream (e.g. Canesten, Clonea. Lamisil)			Antifungal cream	2 tube	Betadine can be used as alternative
	Bacterial skin infection		B16	Bactroban (Muciprocin) ointment 1g	2 tubes	Added. Bacterial skin infections
	Ear canal infection		D20	Framycetin ear drops	2 bottle	Added. Ear canal infections
	Barrier cream		D34	Sudocream (30gm tube)	2 tubes	Added.
	<u>FOR BURNS</u>					
	Superficial - Hydrogel wound dressing 100 g (e.g. Solosite, Duoderm Gel, Purilon)			Hydrogel wound dressing 100 g (e.g. Solosite, Duoderm Gel, Purilon)	1 tube	

	Severe - Cool, then cover with a nonadherent dressing and obtain hospital treatment as soon as possible.			Seek urgent Medical Advice		
**	Silver sulphadiazine cream 100 g	B18		Silver sulphadiazine cream 100 g	1 tub	
		C17		Gladwrap strips	1 roll	Added. Cut into strips. Not tightly wrapped.
				Tongue depressors	1 box	Added. For applying SSD cream
	SUNSCREEN					
	30+ SPF 250 ml					Apply 20min prior to sun exposure
	FOR DIARRHOEA/GASTRIC PROBLEMS					
	Anti-diarrhoea treatment i.e loperamide tab (e.g. Imodium)	C23 (10 tabs) + D30 (20 tabs)			1 pack	
	Antacid tablets (pkt) or liquid (e.g. Mylanta, Gaviscon) Heartburn/ reflux	D23		Omeprazole 20mg x10 tabs	1 pkt	Antacid deleted.
	Vomiting	D16		Zofran Zydys wafers 4mg	2 packs	Sublingual - hold under tongue
	Constipation	B24 - Laxative tabs, Dulcolax tablets		Lactulose Liquid 500ml	1 bottle	Replace Ducolax with Lactulose
	FOR DEHYDRATION					
	Electrolyte replacement 4.9g sachet - pkt of 10 (e.g. Gastrolyte, Hydralyte)	D35		Gastrolyte /Hydralyte sachets	2 boxes	
	FOR SEASICKNESS					
	Crews should consider carrying some form of seasickness remedy for all racing categories. It should be noted that all types of seasickness remedy available may produce drowsiness and/or disorientation.			Sea sickness medication (varied)	20 tabs	Trial any sea sickness medication well prior to race. Not all medications are available in Australia. E.g. Sturgeron tabs (NZ). Scopolamine patches.
	Travel/seasickness tablets i.e promethazine-theoclate (e.g. Avomine) or dimenhydrinate + hyoscine hydrobromide + caffeine (e.g Travacalm)	B14 (30 tabs) + D15 (60 tabs) = 90		Seasickness tabs x 30	30	Avomine deleted.
	FOR ALLERGY					
	Known allergy sufferers should carry their own auto-injector (e.g. EpiPen, Anapen) or similar and advise the crew of its location and method of administration				2	Additional EpiPen for those with known allergies
	** Antihistamine tablet i.e promethazine 25 mg (e.g. Phenergan)	D25		Allertine tabs - 20mg tabs	30	Added. Non drowsy. For rashes, allergies, hives

	Prednisone 25mg tabs			Prednisolone 25mg tabs	30	Allergic reactions, asthma, hives, inflammation
	** Adrenaline ampoules 1:1000		B2(5 amps)			Replaced by Auto injector pens
	Adrenaline Auto Injector Pens (replaces Adrenaline ampoules)			Epipen 300mcg autoinjector or Anapen 500mcg autoinjector	2 pens	These 2 products have different delivery mechanisms so keep to 1 type only.
	<u>INSTRUMENTS</u>					
	Scissors, stainless steel			Scissors, stainless steel (sterile)	1	Suture tray packs include these items
	Forceps, splinter, stainless steel			Forceps, splinter, stainless steel (sterile)	1	
	Thermometer, clinical			Thermometer, clinical		Added "Battery operated. Low reading for detecting hypothermia"
	Appropriately sized disposable syringes and needles (to be increased to 20 if Morphine and Naloxone Hydrochloride ampoules are required by the Notice of Race).		B3 syringes(5ml x2) + B4 needles 22G x2			Not required
	Alcohol swabs for injection preparation		B5 + D10			Not required
	*** Stapling kit/wound glue		B10 + D31= 2	Stapling kit	1	Draws large wounds together
			D4	Sharps container		
				Basic dressing packs	4	Added
	<u>EMERGENCY MEDICAL EQUIPMENT</u>					
	Malleable or fixed splints appropriate for arms and legs (e.g. inflatable, SAM, Flex-All)		B11 + B14	SAM splints - 36 x 4.25" x1, 18 x 4.25" x1, SAM finger splints x2	4 assorted	Limb immobilisation
	CPR mask or 6 Face shields			N95 masks (mandatory)	12	Added. Pandemic/endemic on arrival
			Pulse oximeter (optional)	Pulse oximeter (mandatory)	1	Added. Oxygen saturation and pulse rate
			Defibrillator - AED (optional)	Defibrillator - AED (optional)	1	CellAED®handheld, smart personal AED
			Dental Kit			TBA
			D 32 - Oil of Cloves	Oil of Cloves	1 bottle	
			D31 - Temporary filling material		1	
			Required items on boat not in modular Medical Kits			
			Insect repellent, sunscreen			
			Duct tape, electrical tape			
			Battens – beware splinters			