



First Aid Box List of Contents

For 4N/3D A.B.L.E Camp at Wadgaon Dam

Contents of First Aid Boxes for Adventure Learning Camps

Sr.#	Medicine Name	Symptoms	Req Qty	Master	Travel kit	Total
1	Avomin	Travel Sickness, Nausea, Vomiting, Allergic conditions	10	10	10	50
2	Ridol	Loose motion, diarrhoea	10	10	10	50
3	Dolo / Calpol	Common cold, cough, body pain	10	10	10	50
4	Combiflam	Acute pain, headache, muscle pain, pain during periods, toothache, and joint pain	10	10	10	50
5	Cyclopalm/Myfthal Spas	Abdominal Pain	10	10	10	50
6	Cetirizine	Allergy	10	10	10	50
7	Pudinhara	Acidity	10	10	10	50
8	Eldopar	Diarrhoea lasting for more than 2 days	10	10	10	50
9	Asthline pump	Asthma	1	1	1	5
12	Ciplox TZ 500mg	Eyes & Ears	1	1	1	5
Additional Items for Himalayan Camps			Req Qty	Master	Travel kit	Total
10	Dimox 250mg	Altitude Sickness	10	10	0	10
11	Emergency Blanket	Prevent heat loss from the body	2	2	0	2
12	Oxygen Can with mask	for Shortness of Breath & Fatigue	4	4	0	4
Generic First Aid for Cuts, Wounds, Bruises, Sprains, etc			Req Qty	Master	Travel kit	Total
13	Savlon 200ml		1	1	0	1
14	Soframycin/ Cipradine		1	1	1	5
15	Fast relief/Volini		1	1	1	5
16	Surgical cotton		1	1	1	5
17	Gauge bandage		2	2	2	10
18	Handsplast bandages		10	10	10	50
19	Sanitary pads		1	1	1	5
20	Burnol		1	1	0	1
21	Scissor		1	1	1	5
22	Forceps small		1	1	1	5
23	Surgical Tape		1	1	1	5
24	Crape Bandages		1	1	1	5



