

To Researchers and Colleagues,

Congratulations on your trip to the Arctic! We wish you much success, and therefore wanted to take a moment to talk about your health and well-being while you travel. We've compiled a small "check-list" for your consideration.

- In the harsh polar environment, preventing injuries and illness is key. With that in mind, take it easy during your first few days. Let yourself acclimate to the temperature or altitude. If you are injured or sick, report it to your supervisor or medical staff *early*. Typically, when we hear about medical issues early in their course, the solution is often simpler and less disruptive to your work.
- If you wear glasses or contacts, make sure you bring an extra pair.
- If you use any prescription medicines (such as blood pressure pills, an epi-pen or thyroid supplements) make sure you bring them with you. Because of pharmacy dispensing regulations, we are not able to provide prescription medicines in the field setting.
- It's ok to bring your own "emergency" prescriptions for travel or expedition use. This might include a sleep aid for jet lag, a nausea medicine, or an antibiotic. We suggest talking with your own doctor about what to bring for your personal "med kit."
- Each team will be offered a medical kit. The contents of this kit are attached for your review. Each medicine has a brief explanation for how it should be used.
- And lastly, if you are having a **medical emergency**, please call us! We have physicians trained in wilderness medicine available at all times by phone: 844.285.4555 or 720.848.2828

Again, we wish you the best of luck with your work.

Warm Regards,

Chris Davis, MD  
Medical Director, Altitude and Mountain Medicine Consultants  
A branch of the Travel, Expedition and Altitude Medicine Clinic (TEAM)  
University of Colorado School of Medicine, Dept. of Emergency Medicine

## University of Colorado Denver First Responder Kits

**CALL: 1-844-285-4555**

#	Content	Brand names	#	Content
<b>BLACK POUCH</b>			<b>RED POUCH</b>	
25	acetaminophen 325mg or 500mg or non-aspirin (2/pk)	Tylenol	5	gloves, non latex
25	ibuprofen, 200mg pills (2/pk)	Advil	20	towelettes or wipes, antiseptic
5	aspirin, 325 mg pills (2/pk)	Aspirin	10	wipes, germicidal disinfectant or alcohol
20	diphenhydramine, 25mg pills or antihistamine	Benadryl	15	bandages, adhesive, 1"x 3"
24	loperamide, 2mg pills or anti-diarrheal	Imodium	5	bandages, adhesive, fingertip
24	rantidine, 75mg or zantac or stomach acid blocker	Zantac	5	bandages, adhesive, knuckle
8	meclizine HCL, 25mg or dramamine or anti-nausea	Dramamine	6	wound closure strips, 1/4" x 3" or 1/4"x 4"
15	phenylephrine 5mg & acetaminophen 325mg or cold/sinus free (2/p	Sudafed	2	bandages, elastic 4"
20	bismuth subsalicylate, 262mg or PepTum or calm indigestion	Pepto Bismol	2	bandages, triangular with safety pins
25	(triple) antibiotic ointment packets (Bacitracin)	Neosporin	2	gauze, confirming 2" rolls
15	hydrocortisone acetate 1% or itch relief cream, 0.9g	-	2	gauze, confirming 4" rolls
1	eye wash or eye saline, 4oz	-	5	gauze, petrolatum, 3"x 9"
1	glucose, oral gel, 15gm or insta-glucose tube, 31gm	-	3	pad, abdominal, 5"x 9" or 8"x7.5"
5	salts, oral rehydration	-	10	pads, gauze 4"x 4" (2/pk)
1	sunscreen, 1oz	-	5	pads, non adherent, 2"x 3"
<b>BLUE POUCH</b>			2	dressings, burn gel-soaked, 2"x 6" or 4"x4"
5	gloves, non latex, pairs		1	scissors, trauma
1	mask, CPR pocket		1	tape, 1" roll
<b>ORANGE POUCH</b>			1	irrigation syringe, 30ml and catheter
1	blanket, emergency survival		5	burn gel or first aid cream, 3.5gm
1	blood pressure cuff		<b>PERIMETER</b>	
1	ice pack, instant		1	splint, SAM malleable
1	pen light		<b>LID POCKET</b>	
1	stethoscope		1	patient assessment form & pencil
1	thermometer, digital, oral		1	guide, FDA medication
1	tweezers		2	bags, biohazard
1	dental first aid kit			