

Category A Seagoing or sea-fishing vessels, with no limitation on length of trips.

Category B Seagoing or sea-fishing vessels making trips of
(a) less than 150 nautical miles from the nearest port with adequate medical equipment, and
(b) less than 175 nautical miles from the nearest port with adequate medical equipment and which remain continuously within range of the helicopter rescue services.

Category C (a) Harbour vessels, boats and craft staying within 30 nautical miles of the shore or with no cabin accommodation other than a wheelhouse, and
(b) lifeboats and life-rafts.

Code	Category		
	A	B	C
1. Cardiovascular			
1.1.2 Adrenaline 1mg ampule for injection	2	1	0
1.2.1 Glyceryl trinitrate sublingual 0.5mg tablets	50	20	10
or sublingual spray 0.4mg/metered dose	1	1	1
1.3.1 Frusemide 20mg	20	5	0
1.4.2 Phytomenadione 2mg/ml x 0.5ml ampule (if women on board)	1	1	1
1.4.11 Ergometrine maleate 0.5mg injection, oxytocin 5 units/ml 1ml ampule (if women on board)	1	1	1
1.5.1 Nifedipine 5mg	10	0	0
2. Gastrointestinal System			
2.1.1 Cimetidine 400mg	20	0	0
2.1.2 Aluminium hydroxide 400mg (minimum content) tablets	10	5	0
2.2.3 Metoclopramide hydrochloride 10mg ampule (IM)	4	1	0
2.2.4 Prochlorperazine 3mg buccal tablets	30	15	10
2.3.1 Lactulose 3.1g/5mls (minimum concentration) x 100mls	1	0	0
2.4.1 Loperamide hydrochloride 2mg	20	5	3
2.6.3 Bismuth oxide anti-haemorrhoidal suppositories or preparation tube	12	6	0
	1	1	0

3. Analgesics and Anti-spasmodics

3.1.3	Aspirin 300mg (minimum content)	40	20	5
3.2.1	Morphine tartrate or sulphate 10mg ampule (IM)	1	0	0
3.3.1	Diclofenac sodium 75mg ampule (IM)	2	0	0
3.3.2	Diclofenac sodium 100mg suppository	3	2	0
3.4.1	Naloxone hydrochloride 0.4mg/ml x 1 ml	2	0	0
3.5.1	Hyoscine butylbromide 10mg	10	8	0

4. Nervous System

4.1.1	Diazepam 2mg	10	5	0
4.1.2	Diazepam rectal dispenser 10mg	2	2	0
4.2.3	Chlorpromazine hydrochloride 25mg/ml x 2ml ampule injection	3	2	0
4.2.4	Chlorpromazine hydrochloride 25mg	20	10	0
4.3.3	Cinnarizine 15mg	30	15	5
4.4.3	Phenytoin sodium 100mg	20	0	0

5. Anti-allergies and Anti-anaphylactics

5.1.1	Terfenadine 60mg	10	5	0
5.2.2	Hydrocortisone 100mg ampule (IM)	3	1	0

6. Respiratory System

6.1.2	Salbutamol inhaler 0.1mg metered dose x 200 doses	1	1	0
6.2.1	Dextromethorphan hydrobromide 7.5mg/5mls (minimum concentration)	100 mls	100 mls	0
6.3.2	Pseudoephedrine hydrochloride 60mg (or 60mg/10mls)	10	5	0

7. Anti-infection

7.1.1	Amoxicillin 250mg	20	12	0
7.1.6	Erythromycin 250mg	20	12	0
7.2.2	Trimethoprim 100mg	20	12	0
7.4.1	Metronidazole 400mg	20	10	0
7.5.1	Ciprofloxacin 250mg	10	0	0
7.6.1	Tetanus toxoid vaccine 0.5ml (IM)	1	1	0
7.6.2	Anti-tetanus immunoglobulin injection 250 units (IM)	1	1	0
7.7.0	Water for injection 2mls	10	4	0

8. Compounds Promoting Rehydration, Caloric Intake and Plasma Expansion

8.1.1	Oral rehydration salts containing at least glucose 90mmol/L, sodium 35mmol/L, potassium 20mmol/L when diluted in 1 litre of water	5	1	0
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9. Medicines for External Use

9.1 Skin Medicines

9.1.3	Chlorhexidine gluconate (minimum concentration 0.05%) (minimum volume 12mls)	10	2	1
9.1.10	Miconazole nitrate cream 2% x 30g	1	0	0
9.1.13	Silver sulphadiazine 1% x 25g (minimum amount)	2	1	1
9.1.20	Hydrocortisone ointment 1% x 15g	2	1	0

9.2 Eye Medicines

9.2.3	Amethocaine 0.5% eyedrops (0.5mls)	2	1	0
9.2.4	Pilocarpine 1% eye drops (0.5mls)	6	1	0
9.2.6	Chloramphenicol eye drops 0.5% 10mls	1	1	0
9.2.7	Dexamethasone 0.05%, Framycetin sulphate 0.5%, 5mls drops	1	1	0

9.3 Ear Medicines

9.2.7 Dexamethasone 0.05%, Framycetin sulphate 0.5%, 5mls drops	1	1	0
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9.4 Medicines for Oral and Throat Infections

9.1.3 Chlorhexidine gluconate (minimum concentration 0.05%) (minimum volume 12mls)	10	2	1
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9.5 Local Anaesthetics

9.5.1 Ethyl chloride liquid spray 50mls	1	0	0
9.5.2 Lignocaine hydrochloride injection 2%, 2mls ampule	5	2	0
9.5.4 Oil of clove 10mls	1	1	0

Code	Category A	Category B	Category C
E.1. Resuscitation Equipment			
E.1.1 Manual resuscitation device i.e. bag and mask	1	1	0
E.1.2 Oxygen container/concentrator or pressure reducing valve if ship's oxygen can be used	1	1	0
E.1.3 Aspirator to clear upper airway	1	1	0
E.1.4 Mouth to mouth resuscitator device (Brook's airway or Laerdal facemask)	1	1	1
E.2. Dressing and Suturing Equipment			
E.2.1 Suture stapler or suturing needle and thread	2	1	0
E.2.2 Adhesive elastic bandage (1.25cm x 1m)	2	1	1
E.2.3 Gauze strip (2.5cm x 2m)	1	0	0
E.2.4 Tubular gauze finger bandage (1 metre)	1	0	0
E.2.5 Sterile gauze compresses (90cm x 1 metre)	2	2	1
E.2.6 Cotton wool 15gm	2	1	0
E.2.7 Sterile sheet for bums victim	1	1	0

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E.2.8	Triangular sling (90cm x 90cm x 127cm)	1	1	0
E.2.9	Disposable polyethylene gloves (pair)	2	1	1
E.2.9.1	Adhesive elastic dressings (i.e. plasters)	20	10	5
E.2.9.2	Sterile compression bandages (10cm x 3m)	2	1	1
E.2.9.3	Adhesive sutures or zinc oxide bandages	5	4	4
E.2.9.4	Non-absorbable suture with needle	2	0	0
E.2.9.5	Paraffin gauze (10cm x 10cm)	10	5	0

E.3. Instruments

E.3.1	Disposable scalpels	2	0	0
E.3.2	Stainless steel instrument box	1	1	0
E.3.3	Scissors	1	1	0
E.3.4	Dissecting forceps	1	1	0
E.3.5	Haemostatic clamps	2	1	0
E.3.6	Needle forceps	1	0	0
E.3.7	Disposable razors	2	0	0

E.4. Examination and Monitoring Equipment

E.4.1	Disposable tongue depressors	4	2	0
E.4.2	Reactive urine analysis strips (glucose, blood, protein, ketones)	4	0	0
E.4.3	Temperature charts	2	0	0
E.4.4	Medical evaluation sheets	4	2	0
E.4.5	Stethoscope	1	1	0
E.4.6	Aneroid sphygmomanometer	1	1	0
E.4.7	Standard medical thermometer	1	1	0
E.4.8	Hypothermic thermometer	1	1	0

E.5. Equipment for Injection, Perfusion, Puncture and Catheterisation

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E.5.1	Bladder drainage set (bag, spigots, tube)	1	0	0
E.5.2	Rectal drip set	1	0	0
E.5.3	Disposable filter infusor (blood filter)	1	0	0
E.5.4	Urine drainage bag	1	0	0
E.5.5	Disposable syringes (2ml, 5ml, 10ml) and needles	6	3	0
E.5.6	Catheter e.g. Foley type size 16, 5ml balloon	1	0	0
E.5.7	Pre-injection swabs with isopropyl alcohol bp	20	10	0
E.6. General Medical Equipment				
E.6.1	Bedpan	1	0	0
E.6.2	Hot water bottle	1	0	0
E.6.3	Urine container	1	0	0
E.6.4	Ice bag	1	0	0
7. Immobilisation and Setting Equipment				
E.7.1	Malleable finger splint	1	1	0
E.7.2	Malleable forearm and hand splint	1	1	0
E.7.3	Inflatable splint or vacuum splint	1	1	0
E.7.4	Thigh splint	1	1	0
E.7.5	Collar for neck immobilisation	1	1	0
E.7.6	Thigh splint or dimple mattress	1	0	0

E.8. Disinfection, Disinsectisation and Prophylaxis

E.8.1	Water disinfection compound (sufficient for 50 litres of water)	1	0	0
E.8.2	Liquid insecticide for spraying (250 mls)	1	0	0
E.8.3	Powder insecticide (15 grammes)	1	0	0

Part III

Antidotes

Minimum Quantities

Code	Antidotes	Category	Category	Category
		A	B	C
10.1	Activated charcoal x 5g	10	5	1
10.2	Atropine sulphate 0.5mg injection	10	5	1
4.2.3	Chlorpromazine hydrochloride 25mg injection	4	4	1
10.6	Calcium lactate gluconate tablets 930mg	20	10	5
10.7	Dimercaprol 50mg/ml in 2ml ampule (injection) or prefilled injections	10	8	1
10.8	Methylene blue 1% 10ml ampule or prefilled injection	2	2	1
10.9	Ascorbic acid tablets x 1g	12	12	2