

**Medical Tips  
and  
First Aid for Sailors**

**2019 Edition**



Bayview Yacht Club  
*"established 1915"*

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***Forward:***

This booklet has been written to supplement more complete medical and first aid guides such as “Sailing and Yachting First Aid”, which is offered by US Sailing. It is designed as a quick reference aid and to offer simple common sense solutions and recommendations in first aid situations until skilled medical attention can be obtained.

It is always appropriate to consult physician or medical personnel if available prior to using any medications or employing any of the recommendations in this booklet.

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Content Evaluation and Medical Recommendations

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**OTC = Over the Counter** *To Be Used in Addition to Your First Aid Book*

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## **PAIN MEDICATIONS**

**Tylenol 500mg | *Acetaminophen*** **OTC**

Take 2 pills every 4 hours for pain or fever  
Excellent for headaches and general sickness.

- **DO NOT USE WITH ALCOHOL**
- Maximum dose is 3000mg per 24 hours (6 pills or capsules)

**Aleve | *Naproxen Sodium 220mg*** **OTC**

Take 2 tablets 2 times a day with food  
Do not take on an empty stomach or if you have  
stomach ulcers.

This may be combined with 2 Acetaminophen 500mg  
for increased pain relief and inflammation control.

- **DO NOT TAKE ASPIRIN WITHIN 8 HOURS**

**Norco | *Hydrocodone 5mg, Acetaminophen 325mg*** **RX**

Take 1-2 pills every 4-6 hours for severe pain

- **DO NOT GIVE FOR HEAD INJURIES**
- **CAUTION | CAN CAUSE DROWSINESS OR INSTABILITY AND IMBALANCE**

## **INSOMNIA | NERVOUSNESS**

**Valium 2mg | *Diazepam*** **RX**

Use for anxiety.  
Can be used for insomnia and severe muscle spasms.

- **DO NOT USE WITH ALCOHOL**
- Maximum dose is 2 tablets 3 times per day

**Benadryl 25mg | *Diphenhydramine*** **OTC**

A very good and safe medication to take for insomnia.  
Adding 1 Tylenol is a terrific way to decrease body aches  
which can increase the ability of Benadryl to aid in sleep.

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## EYES

### **Saline Eye Wash | Contact Lens Wetting Solution** **OTC**

Use as an eye wash to remove dirt or foreign material or to wash out a lightly embedded foreign body.

Use as frequently as desired to moisten dry irritated eyes.

### **Tetracaine Hydrochloride 0.5%** **RX**

Place 2 drops in the eye to anesthetize it.

Use when the eye is scratched, torn or when foreign material is stuck on the eye.

- Use prior to removing a foreign body to block pain

### **Oval Eye Pads** **OTC**

To cover an injured eye, but a better protector is the bottom of a Styrofoam cup taped in place, so no pressure is on the eye.

Covering any injury to the eye generally allows for the most rapid healing.

- **DO NOT APPLY WITH PRESSURE**  
The goal is to keep the sun, wind and dust from the eye.

### **Ciloxin 0.3% | Ciprofloxin Ophthalmic Drops** **RX**

Use these drops for every severe eye injury when the globe has been opened, penetrated or for eye infection.

## **EARS**

**Cortisporin OTIC** | *Polymyxin /Neomycin /Hydrocortisone* **RX**

Place 4 drops in affected ear 4 times a day to control ear infection (swollen canal or puss type discharge).

## **RECTAL**

**Tucks Pads** | *Witch Hazel 50%, Glycerin 10%* **OTC**

Use as a rectal or vaginal wipe or compress for rectal irritation or hemorrhoid swelling and pain.

- Maximum use 6 times per day

**Annusol HC Suppositories 25mg** | *Hydrocortisone* **RX**

Use 1 suppository 3 times a day for hemorrhoids and anal / rectal irritation.

**Cortizone 10 Cream** | *Hydrocortisone 1%* **OTC**

This is a great cream for rectal itching.

## HEART

### **Aspirin 325mg**

**OTC**

Administer 1 Aspirin 325mg (chew and swallow) whenever someone develops chest / heart pain.

- Call for medical advice

### **Nitrolingual Spray | Nitroglycerine**

**RX**

Use for angina (chest / heart pain).

Very effective when sprayed under the tongue.

- Ensure person is either sitting or lying after administration
- Strongly recommend calling on the radio for medical advice

### **Metoprolol 50mg**

**RX**

Use to slow a rapid heartbeat or to control an irregular heartbeat.

The goal is a regular heart rate between 60-100 beats per minute.

- **GET MEDICAL ADVICE FIRST, if possible before administering**
- Dose Metoprolol 25mg (half a tablet) every 12 hours until help is available to make further recommendations.



## SEASICKNESS

### Sea Sick Bands

OTC

For many people this is the miracle of miracles.

Wearing a band on each wrist is very effective for all types of motion sickness and nausea with pregnancy.

### Dramamine “Less Drowsy” 25mg | *Meclizine*

OTC

Very good for motion sickness and much less chance of overwhelming sleepiness.

### Promethazine 25mg and Adderall 5mg

RX

According to U. S. Navy pilots, this combination is a good way to prevent symptoms of seasickness.

Promethazine will stop seasickness if taken every 6 hours

- **CAUTION | EXTREME FATIGUE IS A SIDE EFFECT**
- If you must stay awake, you may take Adderall 5mg every 12 hours

**OR**

- Dexedrine 5mg every 6 hours  
To counter the fatigue caused by the Promethazine

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## Useful Anti-Motion Sickness Drugs <sup>1</sup>

Generic / Brand Name	Manufacturer	Form	OTC / Rx	Duration of Action
<b>Dimenhydrinate</b>				
Dramamine	Seale	50mg tablet	OTC	4 - 6 hours
		Liquid	OTC	4 - 6 hours
		50mg injection	Rx	4 - 6 hours
Dramamine	Richardson- Vicks	50mg chewable tablet	OTC	4 - 6 hours
Gravol	Homer	75mg timed release capsule	OTC (B & C)	6 hours
		Suppository	OTC (B & C)	6 hours
<b>Meclizine HCl</b>				
Bonine	Leeming	25mg chew able tablet	OTC	6 - 12 hours
Antivert	Roerig	12.5mg   25mg   50mg tablet	Rx	6 - 12 hours
Meclizine	Geneva	12.5mg tablet	OTC	6 - 12 hours
<b>Cinnarizine</b>				
Stugeron	Janssen	15mg tablet	Rx (UK & B)	6 - 12 hours
<b>Cyclizin</b>				
Marezine	Burroughs	50mg capsule	OTC	4 - 6 hours
		Injection	Rx	4 - 6 hours
<b>Scopolamine HBR</b>				
Kwells	Nicholas	0.3mg tablet	OTC (UK & B)	4 6 hours
<b>Scopolamine HBR &amp; Destroamphetamine</b>				
Scopolamine+ Dexedrine	SKF	0.3mg Scopolamine + 5.0mg Dexedrine tablet	Rx	4 - 6 hours
<b>Promethazine</b>				
Phenergan	Wyeth	12.5mg   25mg   50mg tablet	Rx	6 - 12 hours
		Suppository	Rx	6 - 12 hours
		Injection	Rx	6 - 12 hours
<b>Promethazine &amp; Ephedrine</b>				
Phenergan+ Ephedrine	Wyeth	25mg Phenergan + 25mg Ephedrine tablets	Rx	6 - 12 hours
<p><b>Key:</b> OTC = Over the Counter   Rx = By Prescription Only   OTC (B&amp;C) = OTC in Bermuda &amp; Canada                      OTC (UK&amp;B) = OTC in UK &amp; Bermuda</p> <p>WHEN USING TRANS-DERM PATCHES (<b>SCOPALINE PATCHES</b>) TO PREVENT SEA SICKNESS APPLY 4-6 HOURS PRIOR TO DEPARTING &amp; BE AWARE OF POSSIBLE URINARY RETENTION &amp; BLURRED VISION</p>				

<sup>1</sup> Charles Oman, Courtesy of Cruising World

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## **STOMACH | CONSTIPATION | DIARRHEA**

### **Mylanta, Maalox or Gaviscon**

**OTC**

Calcium, magnesium or aluminum hydroxide is used to neutralize stomach acid, heart burn, stomach burn and to calm an upset stomach.

- Can be used frequently and often helpful for seasickness and upset stomach.
- Side effects may include diarrhea (magnesium) or constipation (calcium).

### **Prilosec OTC**

**OTC**

Take 1 tablet twice a day, as needed

Use for acid stomach, heartburn and reflux acid.

### **Pepcid Complete | *Famotidine and Antacid***

**OTC**

Use for stomach ulcers or heartburn or stomach pain that does not improve with Mylanta or Gaviscon.

Great for heartburn or reflux, when lying down or sleeping.

Great for sailors with nausea and acid stomach.

### **Dulcolax 5mg | *Bisacodyl***

**OTC**

Use for constipation.

Available in pill or suppository form.

**ALWAYS refrigerate suppositories!**

### **Imodium A-D | *Loperamide HCL***

**OTC**

Use as directed on bottle.

Use in addition to fluids and electrolyte replacement for diarrhea.

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## SKIN

### **Nizoral | Ketoconazole Cream 2%** **OTC**

Use for skin fungus and is very good for athletes' foot, jock itch, etc.

Use anywhere skin folds on itself and is moist or where red itchy skin is present.

Very good between the buttocks after sitting in wet pants.

- Use 3 times daily

### **Zinc Oxide** **OTC**

A thick white ointment that sticks to everything. Keep lots of this handy.

It blocks all sun to an area and is used to seal off an abrasion.

It even keeps the area you sit on from becoming raw when wet with salt or fresh water for extended periods of time.

### **Cortisone 10 Cream | Hydrocortisone 1%** **OTC**

This is a steroid cream used for skin inflammation.

Very good for small areas of sunburn, such as the forehead, nose, lips and chin.

Excellent for itching from poison ivy and bug bites.

Absolutely great for rectal itching.

- **THIS IS NOT FOR INFECTIONS**
- Apply a thin layer and rub in 2 to 3 times daily

### **Bacitracin Ointment | Neomycin / Polymyxin** **OTC**

Use three times per day

A very good ointment for burns, infections, cuts, abrasions, and ripped finger and toe nails.

- Apply a bandage over treated area

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## **ALLERGIES | COLD PREPARATIONS**

**Claritin | Loratadine 10mg** **OTC**

- **NOT CLARITIN D**

Use for watery nasal discharge and congestion. Will help decrease allergy symptoms.

- This is a non-sedating anti-histamine

**Afrin Nasal Spray | Oxymetazoline** **OTC**

Use for temporary relief of nasal congestion associated with colds, hay fever and sinusitis.

- **Do not use for more than 3 consecutive days**

**Benadryl 25mg | Diphenhydramine** **OTC**

A strong anti-histamine used for runny noses, itchy watery eyes and hives.

Can be used to induce sleep.

- **CAUTION | THIS MEDICINE DOES CAUSE SLEEPINESS**

**Norco | Hydrocodone 5mg, Acetaminophen 325mg** **RX**

Take 1/4 to 1/2 every 6 hours to suppress a bad cough.

## **ALLERGIC REACTIONS**

### **EPI-Pen Auto-Injector | *Epinephrine***

**RX**

An injectable adrenaline used for severe allergic reactions of any kind, such as swelling of the lips or throat, eyelids swelling shut or extreme shortness of breath, similar to a bee or wasp sting.

- **CALL IMMEDIATELY FOR MEDICAL ADVICE**
- Follow label instructions
- Purchase at least 2 EPI-Pens
- **For severe situations, it may be necessary to administer a second injection, approximately 20 minutes later.**
- **Once administering EPI-Pen begin Prednisone Dose Pack**  
Prednisone is a powerful steroid which extends the positive effects of the EPI-Pen.

### **Prednisone Dose Pack 5mg**

**RX**

To be used for **SEVERE** allergic reactions and following the use of an EPI-Pen

Decreases the immune system's response to various disorders to reduce symptoms such as swelling and allergic-type reactions, such as an inability to breath and swelling of the throat.

- Tablet should be taken following package instructions, with milk or food to prevent stomach upset.

## FRACTURES | SPRAINS | STRAINS | CONTUSIONS

Old time doctors diagnosed bone fractures without x-rays. If injury was trauma induced, has point tenderness, and is swollen, assume it is a fracture. If in doubt, treat it as a fracture. This allows you to err on the safe side by stabilizing all fractures.

**If a hand fracture is suspected:**

Immobilize it in a position of function (like holding a softball).

**Fractured ribs:**

Feel better with a wrap for very brief periods only if the crew person is absolutely needed for working on deck.

- Never sleep with the wrap on
- Pain medication may be required for sleep and comfort

**Recommendation |** Combination of Tylenol and Aleve

Ace wraps are most properly and comfortably applied at 1/3 to 1/2 of their maximum tension.

- **R.I.C.E. | Rest, Ice, Compression, Elevate**

## DISLOCATIONS

It is best to tape the dislocated extremity in its present position and seek medical advice.

Please recognize that many dislocations have a fractured bone with them.

If you wish to attempt repair, please follow these tips:

- Before attempting any maneuvers, check to ensure that a pulse and sensation are present. If not, call for medical advice.
- Use pain medication, valium and ice to prepare the patient for relocation of the injured joint.
- Pull gently. No hard snaps please. Guide the extremity into proper position.

## CUTS AND ABRASIONS

No matter how much it hurts, scrub it out. If it starts bleeding again, treat bleeding by applying compression.

Never close a puncture wound (one that is deeper than it is wide). Wash wound, apply and work Bacitracin ointment deep into the wound and place a dressing on the affected area.

### **To handle a moderately deep wound without suturing:**

1. Scrub it out.
  2. Allow bleeding to stop or slow to a trickle, apply pressure if needed.
  3. Pull the edges of the wound together with tape.
  4. Pad the wound on each side to hold edges together.
  5. Wrap firmly with an ace wrap or tape.
  6. Unwrap ace wrap daily and re-evaluate the wound area.  
Then cleanly rewrap.
- Most wounds heal well if immobilized long enough. Use bandages and splints. Keep them on longer than you think they should.
  - Ice is always appropriate, applied over the bandage.  
**CAUTION | DO NOT APPLY ICE TO EXPOSED SKIN**
  - **All deep palm lacerations require antibiotics NOW!**  
**Seek medical attention ASAP!** Remember this is called “no mans land” by hand surgeons.

Ripped nails and nail beds look worse than they are.

- Cool down with ice or soak in ice water for 20-30 minutes, then maneuver the nail into normal position and tape in place.
- **DO NOT REMOVE THE NAIL**  
The nail acts like Mother Nature’s protective splint.



## TENDON LACERATION

### How to diagnose a tendon laceration:

Weakness against pressure or the affected area just won't work (a finger that will not bend or straighten against resistance).

### Temporary treatment for this injury:

- Splinting or wrapping into a position of comfort.
- Seek medical attention within a maximum of 7 days, for proper surgical repair. The earlier the better, 2 days is better than waiting 7 days.

## HEAD TRAUMA

Head injuries are fairly common when sailing. Most are mild and have minimal consequences. But knowing how to recognize severe injuries is very important.

### Symptoms of severe head injuries include:

- Loss of consciousness
- Convulsions
- A change in the ability to think and respond properly
- Inability to follow commands

### Additional symptoms:

- Anxiety
- Nausea and vomiting
- Severe headache
- Extreme sleepiness
- Pupils that are noticeably unequal in size

### Any of these symptoms require medical attention ASAP

- If multiple symptoms are noted, or the worsening of symptoms are occurring, medical evaluation and attention becomes urgent without delay.
- **CALL FOR MEDICAL ADVICE AND SEEK ASSISTANCE NOW**

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## EYES

Most eye injuries (flash or sun burn, abrasions, lacerations or foreign bodies) will heal within 24-48 hours.

- Therefore, **DO NOT USE** an anesthetic eye drop (Tetracaine) more than 3 or 4 times.
- Call to seek further medical advice if severe pain persists longer than 1 day.

Eye injuries and infections will heal faster and more comfortably if covered for 24 hours.

Wear glasses to keep wind off an injured or infected eye.

### For a visible foreign body:

- Remove it by first anesthetizing the eye.  
Apply 2 drops of Tetracaine HCL 0.5% Otic Drops to eye
- Followed by using a forceful irrigation of the injured eye.  
If unsuccessful, use a wet Q-tip, lightly wiping it out or use a foreign body tweezer to remove.
- Apply antibiotic drops to the eye to prevent infection.

Then you **MUST** cover the eye to keep light, wind and dust out.

- A better protector is the bottom of a Styrofoam cup taped in place, so no pressure is on the eye.
- Covering any injury to the eye generally allows for the most rapid healing.
- **DO NOT APPLY WITH PRESSURE**

### For obvious cuts or punctures to the globe of the eye:

- Lightly cover the eye | **DO NOT APPLY ANY PRESSURE**
- Administer Ciloxin 0.3% Ophthalmic Drops and call for immediate medical assistance.

If an injured eye looks cloudy or very dilated after an injury, seek medical help immediately.

If the eyes do not move evenly after a face or head injury, you are most likely dealing with a brain injury. This is a medical emergency.

- **CALL FOR MEDICAL ADVICE AND SEEK ASSISTANCE NOW**

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## EARS

When using ear drops err on the heavy side!

It is okay to fill the ear canal and then place cotton in the ear.

### DO NOT PLACE DROPS IN AN EAR:

- If the ear drum is ruptured (bleeding from the ear canal)

### OR

- If you know that a previous ear drum rupture has not healed
- **NEVER PUT HEAT ON A SORE OR INJURED EAR**

## SORE THROAT

### Cepastat or Chloraseptic Lozenges

OTC

Are very good for the relief of a sore throat or tickle that causes a cough.

Use of the pediatric strength dose more frequently, to avoid stomach upset, which is likely.

Use as often as needed.

### Zinc Lozenges

OTC

Very effective for colds and sore throats.

Suck on 8-10 lozenges on the first day.

Often, no second day is needed.

### Homemade Gargle

Crush an aspirin, vitamin C pill, pinch of bicarbonate of soda and mix with warm water.

Gargle every 2 hours

### Suggested alternative:

The Original Alka-Seltzer, gargle with 1 effervescent tablet every 2 hours

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## PROPER USE OF PAIN AND ANTI-INFLAMMATORY DRUGS

### Aspirin and NSAID's

OTC

Non-steroid anti-inflammatory drugs such as Advil, Aleve and Motrin have a very similar effect.

If allergic (not an upset stomach) to Aspirin or NSAIDs do not take.

- **NEVER MIX THESE PRODUCTS**
- **NEVER TAKE ON AN EMPTY STOMACH**

### Tylenol 500mg | *Acetaminophen*

OTC

Excellent pain medication if taken to maximum strength.

- **DO NOT USE WITH ALCOHOL.** | Causes liver problems
- Maximum dose is 3000mg per 24 hours (6 pills or capsules)

### For moderate pain:

Take Tylenol (*Acetaminophen*) and NSAID together.

This combination is just as powerful as Tylenol #3, without affecting your thinking process or making you feel sleepy.

### For powerful good pain relief:

Take two Tylenol 500mg with two Aleve 220mg

## ANTIBIOTICS

Having two different antibiotics on board, will provide the broadest coverage for different bacteria, as well as reducing an allergy risk for most people.

A consensus of the best recommendation is Keflex 500mg (*Cephalexin*) and Cipro 500mg (*Ciprofloxin*). Proper dosing is as follows:

Keflex 500mg | Take 2 capsules twice per day **RX**

Cipro 500mg | Take 1 tablet twice per day **RX**

- **AVOID EXPOSURE TO THE SUN WHEN TAKING ANTIBIOTICS**  
Wear long sleeve shirts, long pants, a hat and apply lots of sunscreen as often as recommended.

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## URINARY TRACT

Blood in the urine with burning usually indicates an infection.

- Start on an antibiotic immediately to stop the infection.
- Drink increased amounts of water and urinate every two hours.
- Even if the infection clears, follow up with your physician when ashore.

Severe back pain with bleeding usually indicates a kidney stone.

- Take pain medication and drink huge quantities of liquids.
- **Plan on experiencing pain like never before!**
- The pain will go away quickly once the stone has passed.
- You **MUST** follow up with your physician or a urologist when ashore.

Never go offshore for extended trips without a catheter.

If you are unable to urinate, you will have marvelous stories to tell.

## STROKE

A stroke is defined as a death of brain cells and tissue that results in and inability to do normal things.

This can be caused by blood vessel blockage like a clot or a ruptured vessel causing bleeding.

These events can starve cells of oxygen and nutrients that are downstream of the insult which ends in cell death.

- **TIMING OF TREATMENT IS EVERYTHING!**  
**EVERYTHING** means immediate medical consultation and likely evacuation and transport.
- **CALL FOR MEDICAL ADVICE AND SEEK ASSISTANCE NOW**
- Seek advice immediately and discuss symptoms and medical history from the **CREW MEMBERS PERSONAL MEDICAL INFORMATION** including what medications are being taken.
- The window for successful treatment is limited after 4-5 hours, and usually absent after 24 hours.

### **Symptoms of a stroke:**

- Weakness or numbness on one side of the body or face
- Slurred or nonsensical speech
- Visual changes
- Vertigo
- Loss of balance

Keeping the patient calm and relaxed is very important while awaiting evacuation.

## HEART FLUTTERING | SKIPPING

All irregular or funny heart beats are not bad but taking proper action when noticed is important.

**If the person has no chest pain and no lightheadedness:**

- Decrease stimulants, stop all caffeine, get out of the sun, rest, cool down and hydrate.

**If the person is experiencing chest pain, shortness of breath or dizziness with a skipping heart beat:**

- **CALL FOR MEDICAL ADVICE AND SEEK ASSISTANCE NOW**

**Administer the following medical treatments immediately:**

**Nitroglycerin spray** 1 spray under the tongue for chest pain is appropriate **RX**

**Aspirin 325mg**, instruct patient to chew and swallow **OTC**

**Toprol 50mg**, administering half a tablet is appropriate **RX**

**If ankles are swollen and patient is experiencing bloating:**

- Decrease all forms of salt
- Allow only plain drinking water
- Decrease foods to a minimum, especially salts and sweets
- Rest
- Administer a diuretic such as Lasix 20mg (*Furosemide*) **RX**  
Will help relieve swelling of the legs, feet and ankles.
- A single shot of alcohol will often start the process of urination to help remove excess fluids.
- Lying with their feet elevated after administering the diuretic and shot of alcohol will speed up the removal of excess fluids.

**If experiencing a rapid heartbeat, consider administering a beta blocker**

**Toprol 50mg**, administering half a tablet is appropriate **RX**

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## G.I. PROBLEMS

Most vomiting is caused by the body's desire to rid the stomach content. If it goes on for hours, that is not good.

Stopping vomiting caused by illness is similar to stopping it for seasickness.

- You **MUST** start rehydrating and putting electrolytes back in!
- Read the sections on Dehydration and Seasickness.

Diarrhea is just as bad as vomiting. You lose a lot of important material needed by your body.

**If you think you may have an infection (TOURISTA) take:**

- Cipro 500mg twice per day **RX**  
Use for no more than 3 days to kill the bacteria.

**Loose or liquid stools, WITHOUT an infection, are best treated with:**

- Imodium AD tablets (*Loperamide*) **OTC**  
Take 2 tablets to start, then 1 tablet with each loose stool.
- Maximum dosage no more than 4 tablets per 24 hours.

**Hemorrhoids or painful rectal bumps:**

If either of these conditions develops, make an effort to push it back inside the rectal muscle and keep it squeezed in.

- Rub the area using Tucks pads **OTC**
- Follow with a Hydrocortisone 25mg rectal suppository **RX**

Itchy rectums can occur when sitting in warm wet areas and is usually from a fungus. Use of an antifungal cream is wonderful.

- Nizoril Cream 2% (*Ketoconazole*) **OTC**

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## SEASICKNESS

Try these tips to conquer symptoms of seasickness:

- **LOOK UP** | not down
- **STAY ABOVE DECK** | not down below
- **FACE THE WIND**
- Treat symptoms **EARLY** and **OFTEN**
- Take ginger pills or eat ginger snaps, as needed
- Replace fluids constantly and slowly

Refer to **DEHYDRATION** section below for further instruction.

## DEHYDRATION

Choose one of the following options:

**One:** In 1 liter (1,000ml) of water add:

- 1/4 Teaspoon Salt | *NaCl*
- 1/2 Teaspoon Baking Soda | *Na H CO<sub>3</sub>*
- 1/4 Teaspoon Salt Substitute | *KCl*
- 2 Tablespoons Sugar

Mix together, sip 1-2 ounces every 15 minutes

**Two:** This recipe is a 2 Glass formula used for dehydration:

**In Glass #1 add:**

- 8 Ounces Fruit Juice (rich in potassium)
- 1/2 Teaspoon Honey or Corn Syrup
- 1 Pinch Table Salt

**In Glass #2 add:**

- 8 Ounces Water
- 1/4 Teaspoon Baking Soda

Sip 1-2 ounces from each glass every 15 minutes

**Three:** Gatorade sip 1-2 ounces every 15 minutes

## IMMUNIZATIONS

Please make sure your Tetanus shot is up to date.

- Re-immunization should occur every 10 years

Whenever visiting your physician, update your Tetanus shot, as well as all your adult immunizations.

## FIRST AID KIT SUPPLIES

Ace Wraps | 2 Inch and 4 Inch Widths

Antiseptic Solution

Adhesive Tape | 1 Inch and 2 Inch Widths

Assorted Band-Aids | Including knuckle and fingertip bandages

Telfa Pads 4 x 4 Inches

Sunburn Gel

First Aid Book

Straight Urinary Catheter | Size 14 French

Examination Gloves

AED | Automatic External Defibrillator | Consider renting one

Surgical Lubricant | Tube of KY Jelly

## LIST OF OVER THE COUNTER MEDICATIONS

Aleve  
Aspirin 325mg  
Bacitracin First Aid Ointment  
Benadryl 25mg | *Diphenhydramine*  
Claritin 10mg | *Loratadine*  
Cortizone 10 | *Hydrocortisone Cream 1%*  
Dramamine “Less Drowsy” | *Meclizine*  
Dulcolax Tablets 5mg | *Bisacodyl*  
Imodium AD | *Loperamide*  
Mylanta, Maalox or Gaviscon Tablets  
Nizoral 2% Cream | *Ketoconazole*  
Pepcid Complete | *Famotidine and Antacid*  
Prilosec OTC 20mg | *Omeprazole*  
Saline Eye Wash or Contact Wetting Solution  
Tucks Pads  
Tylenol 500mg | *Acetaminophen*  
Zinc Oxide

## LIST OF PRESCRIPTION MEDICATIONS

Adderall 5mg or Dexedrine 5mg  
Anusol HC Rectal Suppositories 25mg | *Hydrocortisone*  
Ciloxin Ophthalmic Solution | *Ciprofloxin 0.3%*  
Cipro 500mg | *Ciprofloxin*  
Epi-Pen Auto-Injector | *Epinephrine*  
Keflex 500mg | *Cephalexin*  
Nitroglycerine Sublingual Spray  
Norco | *Hydrocodone 5mg with Acetaminophen 325mg*  
Phenergan 25mg | *Promethazine*  
Prednisone Dose Pack 5mg  
Tetracaine Hydrochloride 0.5% Ophthalmic Drops  
Valium 2mg | *Diazepam*

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## PERSONAL ITEMS CREW MEMBERS MAY NEED TO CARRY

Personal Pain Medications

Regular Medications

Upset Stomach | Heartburn Medication

Constipation | Diarrhea Medication

Sun Screen you have successfully used before

Shooters Ear Plugs for sleeping

Ultraviolet Ray Blocking Sunglasses

Knife (than can cut high tech lines) light, flotation gear with a spare CO<sub>2</sub> canister

Personal Seasickness Medications | Treatments

Anything required for any special or unique need or condition that you may have.

### NOTE:

These suggestions are only intended to provide a general guideline for personal items that might be useful to an individual when at sea. They are not intended to be all inclusive, nor should they be construed as representative of the only concerns that you need have while at sea.

The final and exclusive judgement as to what you take with you is yours, considering any personal needs or conditions that you might have, and considering the nature of the trip.

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## CREW MEMBER PERSONAL INFORMATION

**Instructions:** Prior to each long-distance race, complete this form and place in a sealed envelope with your name on the front and give to the master of the vessel. It will be opened only in the case of a medical emergency.

<b>PERSONAL INFORMATION</b>		<b>Date</b>	
<b>Name</b>		<b>D.O.B.</b>	
<b>Home Address</b>			
<b>Home Phone</b>		<b>Height</b>	
<b>Work Phone</b>		<b>Weight</b>	
<b>Family Doctor Name</b>			
<b>Address</b>			
<b>Phone Numbers</b>			
<b>Emergency Contact Name   Relationship</b>			
<b>Phone Numbers</b>			
<b>ALLERGIES</b>		<b>REACTION</b>	
1			
2			
<b>PRESCRIPTION MEDICATIONS - TAKEN REGULARLY</b>		<b>STRENGTH</b>	<b>FREQUENCY</b>
1			
2			
<b>VITAMINS   HERBS   STREET DRUGS - TAKEN ON A REGULAR BASIS</b>			
1			
2			
<b>HISTORY OF DISEASE OR MEIDCAL PROBLEMS (Diabetic, Heart Problems, etc.)</b>			
1			
2			
3			
<b>SURGERIES</b>			
1			
2			
<b>Date of last Tetanus booster   Re-immunize every 10 years:</b>			

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## METHODS OF WATER TREATMENT

**HEAT** Boil water vigorously for more than 10 minutes  
Add a pinch of salt for each quart of boiled water  
Pour from one clean container to another several times

<b>CHLORINE BLEACH</b> Available Chlorine	<b>DROPS ADDED TO 1 QUART OF WATER</b>	
	Clear Water	Cloudy Water
1 Percent	1	2
4-6 Percent	2	4
7-10 Percent	1	2
Unknown	10	20

Mix thoroughly, let stand for 30 minutes

A slight chlorine odor should be noted

If chlorine odor is NOT noted, repeat the dosage and let stand for an additional 15 minutes

<b>IODINE</b> Tincture of Iodine	<b>DROPS ADDED TO 1 QUART OF WATER</b>	
	Clear Water	Cloudy Water
2 Percent	5	10

Mix thoroughly, let stand for 30 minutes

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## NOTES

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*Bayview  
Mackinac Race  
Foundation*



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