

David T Williams, D.O. FAAEM, FACEP
Board Certified Emergency Medicine
Emergency Medical Services

Specializing in EMS Services for Wilderness, Aerospace, International, Tactical, Operational, Marine, Local, and Remote EMS to extreme environments.

Williams Wilderness Travel Medicine Kit for Medical Providers

Antibiotics – Broad Spectrum. Treats most infections.

1. Amoxicillin 500mg TID #30 (caution PCN allergy)
2. Bactrim DS BID #30 (caution S allergy, sun sensitivity)
3. Cipro 500mg BID #30 (causes joint pain)
4. Azithromycin 500mg QD #10 (Tx for respiratory, diarrhea)

Allergy and Dermatology

5. Benadryl Liquid preferred for faster absorption. 50mg adult dose
6. Epi Pen
7. Hydrocortisone Cream 1%
8. Clotrimazole and Betamethasone Dipropionate Cream BID 30gm (anti-fungal + steroid)
9. Dexamethasone 4mg #30

Gastrointestinal

10. Zegrid QD or Prilosec (for heartburn prevention) OTC
11. Phenergan 25mg or Zofran 8mg (for nausea)
12. Pepto Bismol Tablets (heartburn/nausea/diarrhea)
13. Lomotil (for diarrhea)
14. Meclizine 25mg (for motion sickness, nausea)
15. Tinidazole 500mg 2gm PO once or Flagyl 2gm daily for 3days (Tx for Giardia)

Respiratory

16. Albuterol MDI
17. Antihistamine/Decongestant
18. Lozenges (sore throat)
19. COVID Short of breath only. Dexamethasone 8mg daily for 7 days.
20. Can use dexamethasone for sore throat (non-COVID) with antibiotics and for severe allergic reactions.

Musculoskeletal

21. Naprosyn (Aleve) 500mg BID for pain/fever
22. Tylenol 1 gm every 6 hours for pain/fever
23. Severe Pain – Tylenol plus Naproxen together
24. Joint Pain and Swelling – Dexamethasone plus Tylenol.
Do not use Dexamethasone plus Naproxen together - can cause stomach ulcers.

Mountain Sickness

25. Diamox 250mg BID begin 8 hrs PTA #20 (caution S allergy)
26. Dexamethasone 4mg Q6 (for SOB/HA) - Descend
27. Naprosyn 500mg BID #20 (for pain and mountain sickness/HA)

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Miscellaneous

28. Aspirin 375mg (chest pain/pain/fever)
29. Nitroglycerin sublingual tablets (chest pain)
30. Narcotic pain medication
31. Non-narcotic pain medication
32. Afrin for nosebleeds
33. Chapstick
34. Iodine Tablets for water
35. Sunblock
36. Insect Repellent
37. Tempa DOT Thermometers
38. Tobradex Drops for corneal abrasion
39. Eye Patch
40. 2x3 Re-sealable poly bags for meds

Williams Wilderness Travel Injury Kit

1. Ace Wrap 3 inch
2. Band Aids (Assorted Large)
3. Betadine Solution 3oz
4. Blister Patches by SAM
5. Crevats (2)
6. Dermabond
(irrigate wound with water-betadine mix,
close wound with fingers and glue)
7. Gauze Pads, 4 inch (6)
8. Gauze Roll, 3 inch
9. Tape, surgical 2 inch
10. Handwarmers (2)
11. Zippered lock bags for Ice (2)
11. Quick Clot
12. Safety Pins XXL
13. SAM Splint
14. Scissors
15. Skin staple gun
(irrigate wound with water-betadine mix,
close wound with fingers, and staple)
16. Gloves, large, non-sterile
17. Neosporin ointment