



**ICAR**

**REC M 0004 E**

**International Commission for Alpine Rescue**

**Commission for Mountain Emergency Medicine**

**Recommendation REC M 0004 of the Commission for Mountain  
Emergency Medicine**

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**Contents of a Mountain Refuge's Pharmacy**

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Paper intended for physicians and pharmacists according to national  
regulations

Unfortunate circumstances can hinder quick professional mountain help in case of accident or illness. In such a case, ill and injured persons have to be attended, sometimes for many hours, by people who just happen to be there. The refuge pharmacy should provide physicians and alpinists with whatever is essential to face such situations.

A well equipped and well maintained refuge's pharmacy is a sign of quality for the refuge.

The pharmacy must be kept in a cool dry place, and protected from abuse. It should be divided in two compartments: a general compartment and a second compartment intended to be used by the physician. On the latter the following indication must be clearly written: "*To be used exclusively by a physician or after telephone agreement with a physician*".

The pharmacy must contain a precise list of the medicaments with information on doses and other indications. This list should, if possible, be written in several languages, and should include international names of medicaments (DCI - INN). The following indication should also figure on the list: "*Use under personal responsibility. Please read the directions for use*".

Manufacturer's leaflets must be left in the original boxes.

Regular control by a physician or a pharmacist must be guaranteed.

## GENERAL COMPARTMENT

PAIN, FEVER	paracetamol 500 mg tabs
SPASMOLYTICS	butylscopolamine or other spasmolytic tabs
SEVERE PAIN	tramadol or tilidine drops
COUGH	dihydrocodeine 25 mg retard tabs
COLD	decongestant nose drops
THROAT	tablets to suck
DIARRHOEA	loperamide tabs or activated carbon
VOMITING	metoclopramide 10 mg tabs
TO SLEEP	short action benzodiazepine *
ANGINA PECTORIS	nitroglycerine caps
ANTACID	H2 - blocker or Al - Mg buffer tabs
EYES	disinfectant + astringent eye salve
FROSTBITE	aspirine 250 or 500 mg

### MISCELLANEOUS

Elastic bandages, sterile gauze, adhesive dressings, plasters, skin closure strips, disinfectant agent, scissors, gloves, SAM splints, tweezer.

Desirable: ventilation mask and bag, 2 l oxygene bottle

\* attention! narcotics may induce HAPE in susceptible persons!

## PHYSICIAN'S COMPARTMENT

ATROPINE 0,5 MG	5 ampoules	
ADRENALINE 1 mg	5 ampoules	syringes 5 and 10 ml
ANTIEMETICA	3 ampoules	injection needles
SPASMOLYTICA	3 ampoules	i.v. cannulas
DIAZEPAM	5 ampoules	2 x 500 HAES infusion
FUROSEMIDE	5 ampoules	2 x 500 Ringer's lactate infusion
NIFEDIPINE	10 mg caps	infusion sets
PREDNISOLONE 250 mg	3 ampoules	garrot
beta 2 mimetic drug	3 ampoules	alcohol prep pads
ANTIBIOTIC	CIPROFLOXACINE 500 mg tabs or CO-TRIMOXAZOLE	
	(according to local situations and resistance)	
ANALGESIC (according to national law's) e.g. TRAMADOLE 100 mg	5 ampoules	

## **FOR REFUGES OVER 3000 m**

ACETAZOLAMIDE	250 or 500 retard tabs
DEXAMETHASONE	4 mg tabs
NIFEDIPINE	retard tabs

Desirable: 2 l oxygene bottle and / or portable hyperbaric chamber