

VDL-C 2026 Medical Kit – Suggested Contents (Version 2.01)

This list has been extracted from Australian Sailing Special Regulations at: www.sailingresources.org.au/safety/specialregs . Click Special Regulations Part 1. This 103-page document has a wealth of information. The Medical Kit below has until now been required for Category 1 races (e.g. Rolex Sydney Hobart Yacht Race) but note that a more extensive medical kit will become standard in the future (see above website for details).

ITEM	NUMBER
MILD PAIN	
Paracetamol 500 mg (e.g. Panadol) or Ibuprofen 200 mg (e.g. Nurofen)	40
MODERATE TO SEVERE PAIN	
Codeine 30 mg + Paracetamol 500 mg (e.g. Panadeine Forte)	20 **
VERY SEVERE PAIN	
Oxycodone 5 mg (e.g. Endone) OR	20 **
Oxycodone suppositories (per rectum) 30 mg (e.g. Proladone)	10 **
Morphine 10 mg/ml	10 **
OPIOID OVERDOSE	
Naloxone Hydrochloride amp 400 mcg/ml	5 **
CARDIAC EMERGENCIES	
Soluble Aspirin (e.g. Disprin)	20
Glycerol Trinitrate Spray (e.g. Nitrolingual Spray)	1
FOR WOUNDS AND LIMBS	
Butterfly or Steristrips	10
Disposable gloves	20
Crepe bandages 75 mm x 1.5 m	2
Crepe bandages 100 mm x 1.5 m	2
Triangular bandage	2
High Absorbency non-adherent dressing (e.g. Exu-Dry)	10
Low Absorbency non-adherent dressing/plain gauze (e.g. Melolin)	10
Band-aids or equivalent roll of bandaid	20
Sports/Strapping tape 50 mm x 2.5 m (e.g. Leukoplast)	1
Antiseptic skin solution 15ml (e.g. Betadine)	1
Antiseptic cream with Lignocaine HCL (e.g. Medcream)	1
FOR EYES	
Normal saline (for washing) 250ml	1
Chloramphenicol eye ointment 1% 4 g (e.g. Chlorsig)	1 **
Sterile eye patches	5
ANTIBIOTIC	
Severe infection	
Ciprofloxacin 500 mg (e.g. Ciproxin, C-Flox)	20 **
For infection	
Cephalexin 500 mg tabs (e.g. Keflex)	20 **
Fungal skin infection	
Clotrimazole cream (e.g. Canesten, Clonea)	1

FOR BURNS	
Superficial - Hydrogel wound dressing 100 g (e.g. Solosite, Duoderm Gel, Purilon)	1
Severe – Cool, then cover with a non-adherent dressing and obtain hospital treatment as soon as possible.	
Silver sulphadiazine cream 100 g (e.g. Flamazine)	1
SUNSCREEN	
30+ SPF 250 ml	1
FOR DIARRHOEA/GASTRIC PROBLEMS	
Anti-diarrhoea treatment i.e. loperamide (e.g. Imodium)	1
Antacid tablets (pkt) or liquid (bottle) – (e.g. Mylanta, Gaviscon)	1
FOR DEHYDRATION	
Electrolyte replacement 4.9 g sachet – pkt of 10 (e.g. Gastrolyte)	1
FOR SEA SICKNESS	
It should be noted that all types of seasickness remedy available may produce drowsiness and/or disorientation	
Travel/seasickness tablets i.e. promethazine theoclate (e.g. avomine) or dimenhydrinate + hyoscine hydrobromide + caffeine (e.g. Travacalm)	10
FOR ALLERGY	
Known allergy sufferers should carry their own auto-injector (e.g. Epipen, Anapen) or similar and advise crew of its location and method of administration	
Antihistamine tablet i.e. promethazine 25 mg (e.g. Phenergan)	25 **
Adrenaline ampoules 1:1000	5 **
INSTRUMENTS	
Scissors, stainless steel	1
Thermometer, clinical	1
Forceps, splinter, stainless steel	1
Appropriately sized disposable syringes and needles (increased to 20 if morphine or other injections carried)	5
Alcohol swabs for injection preparation	10
EMERGENCY MEDICAL EQUIPMENT	
Malleable or fixed splints appropriate for arms and legs (e.g. inflatable, SAM, Flex-All)	1
CPR mask or 6 Face shields	1

NOTE: Items marked ** require a prescription. In addition to the above list, cruisers should consider items specific for their crew's individual needs, and items as follows that may be useful depending on first aid, paramedic or medical ability:

Penthrene, Oxycodone (10 mg and 20 mg), Ceftriaxone, Amoxycillin/Clavulanic acid, Metronidazole, Midazolam, Ondansetron, Lignocaine inj, Framycetin ear drops, Omeprazole, laxative (Dulcolax), Salbutamol, Prednisone, Mupirocin, antihistamine (Loratadine), steroid cream (e.g. Betnovate), saline ampoules, suture kit, skin stapler, oil of cloves, temporary dental filling material, sterile gloves, loupe, Israeli emergency bandage, paraffin gauze dressing, gladwrap strips roll.