

MEDICAL INFORMATION

A Doctor will be present during the whole race. The Royal Flying Doctor Service will help in emergencies. Following medicaments are not available by the organisation (except emergencies or against payment)

- Cream for backside (Vaseline antiseptic)
- Vitamin pill
- Sunblocker
- Polividon Jod – wound disinfection
- Protects against insect bites
- Dexpanthenol – wound ointment
- Painkiller (Voltaren 50mg (Diclofenac), Aspirin 500mg (Acetylsalicylsäure))
- Eucarbon (Carbo adsorbens) – coal tablets
- Imodium (Loperamid)
- Antibiotic (Ciprofloxacin or Clarithromycin)
- Wound bandage
- Second skin (for the back side)
- Infusion (recommended Elomel semiton „Fvesenius“ 500 ml)

Vaccination

Every participant has to be vaccinated against tetanus!!

Water

Generally the water is drinkable in the area where we are. For your safety we use drops to sterilize and disinfect the drinking water (“Romin Keimfrei”). For your personal needs take a package of drops or tablets with you.