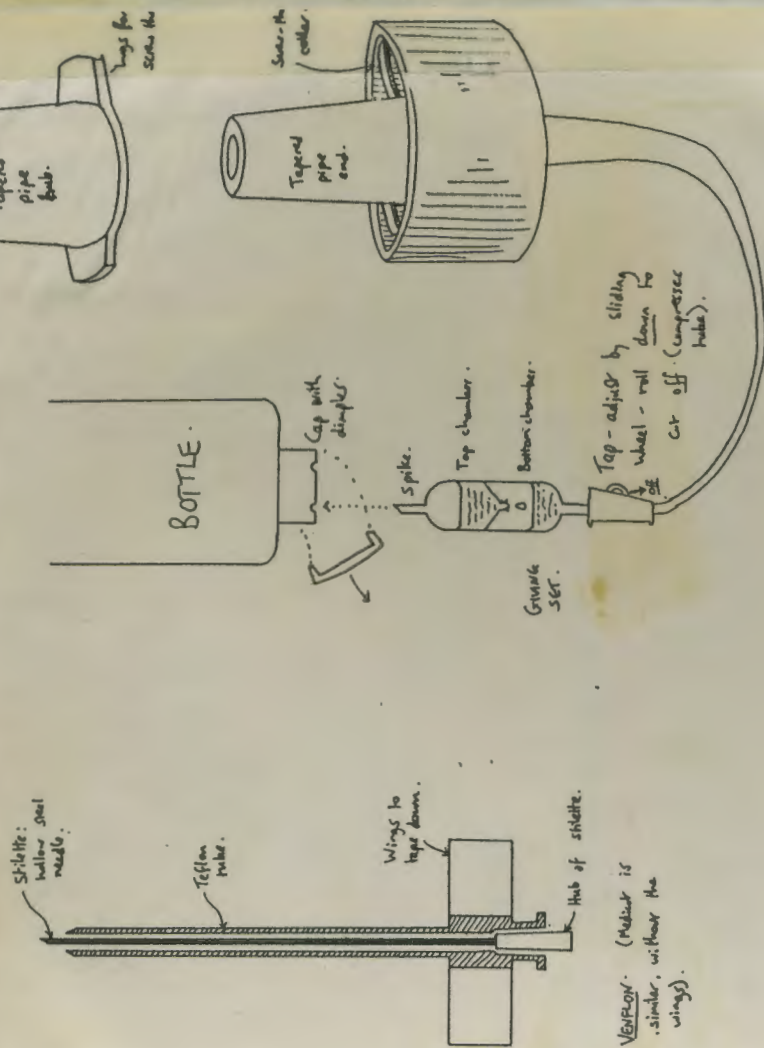


INTRAVENOUS LINES.

These notes are for your help in the event of a major accident such as a fall or a roof collapse. They are not a substitute for qualified aid. They are designed to help you bring a victim alive to the surface.

DO THE FOLLOWING IN SEQUENCE.

- 1 DON'T PANIC. Be methodical. Don't be rushed into hasty action. Keep your reason.
 - 2 MAKE PREPARATIONS TO TAKE THE VICTIM OUT. Unless the injury is obviously trivial, all accident victims should be brought to the surface as soon as possible. Beware those who have been hit on the head but look "all-right now". They could be bleeding inside the skull and be unconscious and dying in a couple of hours. GET THEM OUT.
 - 3 CONSCIOUSNESS. Is the victim able to talk? If so, ask them if they can feel and move their limbs. IF NOT, ENSURE AN AIRWAY.
 - 4 AIRWAY. PULL THE JAW FORWARDS, AND KEEP IT THERE. This stops the tongue lolling back into the windpipe. The ideal position is "sniffing the spring air" - head forwards and chin up. An unconscious patient will die rapidly without an airway. If they puke or look as if they might, roll them on their side and let the vomit come out - BUT SEE "BACK".
 - 5 BLEEDING. If they are obviously bleeding, PRESS ON IT with your hand or a pad, for five or ten minutes without peeping. If it doesn't stop, keep pressing.
 - 6 PULSE. Compare the victim's pulse with your own. SHOCK - severe blood loss - the victim has a fast, thready, weak pulse; they are cold, clammy and sweaty. If you are in no doubt that the victim looks like this, they need an intravenous line (see below). If you are in any doubt, don't; caves are mucky places and you'll cause more trouble than you'll cure. When you have a line, give all the fluid you've got. GET THEM OUT.
 - 7 BACK. DON'T MOVE THE VICTIM UNTIL YOU'VE FELT THEIR BACK, OR IF THEY ARE PARALYSED OR LACK SENSATION ANYWHERE. Feel all the way down the spine. You will feel a row of regular bumps; if there is a gap or step, or the victim has pain at one spot on pressing, they have a back injury. If you're in doubt, treat as one.
LOG ROLL. With three people, move the victim as a unit without twisting or bending, like a log. Don't forget the head; don't turn, drop or bend it. In this fashion, get the victim out of harm's way on to a firm, flat, horizontal surface. Don't move them again until you've got them on to a Neil Robertson stretcher.
 - 8 CHEST. If the victim has difficulty breathing, or pain on breathing, ENSURE AN AIRWAY and look at the chest (open the clothing; look at both sides). If there is a wound in the chest, PUT A PAD ON IT to stop air leaking in and letting the lungs down. Look at the movements; if one bit goes in while all the rest comes out, and vice versa, PUT A BIG PAD ON THAT BIT to hold it in - that is a "flail segment", a piece of chest wall which has come loose and is moving independently of the rest.
 - 9 DEFORMITY. If either leg is bent out of shape, try and straighten it by pulling down on the foot. Support arms by putting them inside the clothing, or applying a sling if you can. Look for wounds on the limbs; these might connect with the fracture, so it is important to keep crap out of them. Put a pad on them, with pressure if they're bleeding.
Splint broken limbs; ideally put the victim on a stretcher.
 - 10 HEAT. EXPOSURE IS A RISK especially for immobile victims. Change wet gear for dry if someone else is wearing dryer gear. Cover with a space blanket. Put into an Eskimo or other sleeping bag if you've got one. Give sugary food only if the victim is fully conscious - they might puke and block their AIRWAY. GET THEM OUT.
- On the way out - keep talking to them. Keep checking the pulse - if they weren't shocked before, they might become so.



1 Pull the protective cap off the bottom of the bottle; stick the spike at the top of the giving set through one of the dimples in the bottle.

2 Squeeze the bottom bulb of the giving set a few times to get fluid through, then open the tap and let it run down the tube. If you get air bubbles, hold the pipe vertically and flick it or tap it to get them to the end.

3 Get someone to squeeze the victim's arm to bring the veins up; tap or flick them if they're reluctant. The biggest ones are in the crook of the elbow, but watch - the artery lurks underneath here. Check that what you're going for is a vein and not an artery: if you feel it pulsing when you touch it, it's an artery. Occasionally you find an artery near the surface.

4 Put the skin slightly on the stretch with one hand; with the other, push the Venflon or Medicor into the vein, facing up the arm. When blood comes back into the stilette hub, stop and push the tube up round the stilette into the vein (holding the stilette still).

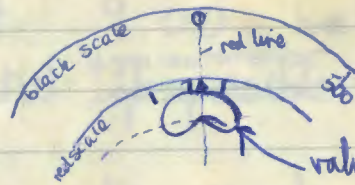
5 Release the arm from your friend's grip. Take the stilette out and connect up the fluid - the tube has a cap on the end which you take off, then push the connector on to the end of the Venflon and twist it to lock it.

6 Tape the Venflon and the tube down to the arm.

Meteorological instruments.

1) A thermometer. - to be used in this instance as a barometer.

- 1) read at 9:00 am every morning LOCAL TIME and if you can remember 9 pm in the evening as well.
- 2) use the outer scale (in feet). It needs to be zeroed (if someone has bugged it) so check that:



line up red line with tip of red triangle on red scale.

value in this window gives 1000's of feet. Scale on outside is accurate 0 to 1000 so add on.

- 3) hold horizontal and tap gently (eg finger nail tap on top) until it settles down to a consistent reading (yes I know its rather wobbly)
Read to an accuracy of 5 feet or less
- 4) Obviously this needs to be done at the same height each day - say near ground level outside the kitchen tent.

2) Rain gauges

[To be set up in same place as last year, so that rim is 12 inches above ground surface]

- 1) Read at 09:00 hrs every morning
- 2) Remove upper funnel section.
- 3) Pour water ~~from~~ from bottle, and from bucket ~~from~~ ⁱⁿ which it sets if there is any in that, into measuring cylinder. Read amount of precipitation from base of meniscus.
- 4) Record reading in the following table in ~~ml~~ ml (= cm³)

- ~~If there is no ~~precip~~ water, or if insufficient to ~~give~~ measure~~
 If rain ~~is~~ has fallen, or heavy mist has been felt to precipitate, within the last 24 hrs, but this is insufficient to measure in the measuring cylinder, record 'Tr' (trace) in the log book. Otherwise, if there is ~~too little~~ no water, write '0' to show that you have checked that morning.
- 5) Shake out any last drops in the bottle and bucket before replacing
 - 6) Replace bucket and bottle in the outer shell of the rain gauge. Make sure that when you put the funnel in that it is pointing into the bottle

N.B If something goes wrong and you spill the contents before measuring, BE HONEST and record this. If you can still put an estimate down, do so but make it clear that this is an estimate only.

Similarly if you are late ~~at~~ recording one morning please put the actual time when the measurements were made and whether any extra precipitation was gained as a result.

3) Observations

Feel free to put any remarks ^(about the weather!) you like down but you might like to include

- 1) Average cloud cover over last 24 hrs
- 2) Whether + for how long there was mist and rain
- 3) Temperature (eg 'blazing hot', 'on the chilly side' etc.)
- 4) Wind

Perhaps you were somewhere other than base camp during the day (eg you can remember the height that the clouds appeared on the way down to Camp 2). Do put ~~this~~ down but note ~~that~~ the weather you remember but also where it was, in that case

B.*

Many many thanks - as you may know
it is likely that Stephen + Hilary will get a paper
out of this - that will certainly impress future sponsors.

Table begins next page.



Watch - your belay belt, grooves helmet or all in my
orange asbestos bag or the back of the green tent -
note for you on top of your rucksack.

Hope this is all OK

The ~~the~~ 9pm. Las Lagos sunny, clouds on peaks slowly clearing as evening went on. No rain.

Remarks + Observations

Wed am: Regret no temp or barometric observations as nobody had told me where instruments are. Cloudless sky, will be very hot. Good visibility but hazy below Las Lagos. Wind N Force 2. William P.S. Snow on ~~peaks agreed to be~~ Little snow on peaks. Comparable with 1982.

It would be very useful if this book included a description of where the rain gauge and barometer were. Hence no readings Sean Blue skies all day.

Walk in a line from the orange tent to the biggest rock visible on the other side of the road and you should walk past the rain gauge in the middle of the gorse bushes on the other side of the boggy bit. Can't give bearing - too misty today. Altimeter now hanging in kitchen tent (14/7/85)

Weather - hot + steamy ~~to~~ yesterday, v. little rain around 7-30 pm (large drops but few) then sun, then mist from about 8-30 pm which is still here this morning - quite thick. Vis. ~ 20 yards. Sue

Weather on 15/7 clouds 300m above Lagos - brief sunny period earlier in morning. Cloud concealed Toy Bar first thing. Gently drizzling all night cloud base 405-600m² above Lagos at 9.48.

Rain gauge relocated at 1984 site at 0900. Mist cleared ~ 2200.

Fine in morning thick mist in afternoon onwards

Precipitation from cloud cover at ground surface from mid-afternoon onwards
Continued cloudy all day

Clear all day but ? front passed over 8pm. Stamy, stamy night.

Clear all day. Trace precip from morning inversion mist.
Hot + humid

BB Date (0900h)	Actual time (a.m.)	Actual time (p.m.)	<u>a.m. only</u> Rainfall/mL	in feet Altimeter a.m.	in feet Altimeter p.m.
Tue Tue 9/17/85	X		X	X	
W 10/17/85	9:39		zero	see memo 12	
Th 11/7/85			no rain - but see comment ↓	← ditto ↓	
F 12/7/85					
Sat 13/7					
Sun 14/7	9:00		0.15	500 (black scale round outside) (3500?)	
M 15/7	11:45		Trace	3400	
Tu 16/7	9:48	9:37	29 mm Requires checking - see comment by Steve Gale on his postcard	3390	3325
W 17/7	9:00		Tr	3450	
Th 18/7	9:50		0.2 mm	3520	3505
F 19/7	9:00		Zero	3485	
Sat 20/7	9:00		4.25	(893 mb) 3460	
Sun 21/7	9:45		1.2	897 mb	
M 22/7	9:00		0	3280 ft (898 mb)	
Tu 23/7	8:45		Tr	3315 ft (898 mb)	
W 24/7	9:05		Tr	3420 ft 894 mb	
Th 25/7			0		

Remarks + Observations

Wet & misty

no weather today.

~~Sp~~

Rained from about 5.30 pm - 10 pm, with strong gusts of wind.

Monday - fairly heavy rain - puddles on ground. (29.7.85)

Tuesday weather:- Patchy sun and wind in morning. Still fog in afternoon with (30.7.85) spattering of rain

Wed - Morning very still, clear blue sky hallelujah $\frac{1}{10}$ sky completely clouded over ^{shit}. (31.7.85)

Thur - Morning misty and chilly, Evening I walked to Top Camp and back via Aizo and it was misty all the way. (1.8.85)

Fri - Morning - clear blue sky. (2.8.85)

~~in Culienbro hit mist half way up, but base camp was clear (01.30, 38.85)~~

Sat morning $\frac{1}{8}$ cloud Cirrostratus with blue in between. Strato cumulus in valley. Sun. Clear ride to Pena Santa. (3.8.85). Wind force 2 N. Mist from 1500 onwards.

Sunday morning. Sun. $\frac{4}{8}$ high Cirrostratus with blue sky in between. Wind force 2 SE. (4.8.85)

Wind got up c. 7.00 am: rain on way to Aizo by 8.45 am.

Intermittent bursts of heavy rain, cold, windy. all day + night.

Same weather in morning. clearing up intermittently in p.m. with occasional blue sky (from S. W.). (Still cloudy at ^{v. cold at} top camp)
Fine with a little high cloud. V. hot day

V. hot day. some high diffuse cloud in p.m. (clear still in evening)
2 layers of cloud in evening: only a light breeze in afternoon evening -
bright warm day. slight breeze in p.m. Haze on peaks
cloud ^{at Lagoas} by 9.00 pm.
clouded over during the day, clouds gradually getting lower. Cold. cleared during the night
Strong winds early in morning, clear over peaks ^{high} clouds
further down the valley. moving up toward lagoas Hot all afternoon.

58 Date	Actual time (a.m)	Actual time (p.m)	a.m. only Rainfall.	in feet Altitude 9.00 d.m	in feet Altitude 9.00 pm
F 26/7	9 ish		2.9 mm	3570	
Sat 27/7					
Sun 28/7					3780
M 29/7	9.00		8.8 mm	3640 (886 mb)	3780
Tu 30/7	7.35 <u>pm</u>		6.7 mm		3570
W 31/7	8.30		0.3 mm	3570	
Th 1/8	9.30		0	3485	3380
F 2	8.40		0.3 mm	3420	
Sat 3	0925	21.00	tr	3415	
Sun 4	0840	21.30	1.1 mm	3435	3550
M 5		21.00	Started raining 8.45 am on 6/8/25 so fair to call this 0		3500
Tu 6	9.10	21.00	14.2 <u>on L</u> not mm	3460.	3375
W 7	9.00		9.26 mm	3425	mixed.
Th 8		21.30	0	mixed	3585
F 9	9.00	20.40	0	3620	3655.
Sat 10	8.45	22-10	3.50	3560.	3580
Sun 11	9-00		0	3680	

Remarks + Observations

not. of preceding day

(unlike top camp + Anio)

In cloud + ~~very~~ drizzly all day. Had been clear (clouds a couple of 100 feet up) or 07.30. (Prs) (had water near ~~above~~ much above Lake)

Some glimpses of blue sky early in morning but cloud still whiffles. They mist from below but ~~just~~ a rather dry mist. Cleared completely to reveal view by 7.45 pm clear night with v.v. windy spell.

Sunny early morning. (had ~~above~~ then mist for all afternoon - drizzle. (clear above Anio at lunchtime) (less mist, more rain towards Curadonga)

Still drizzly mist. all day.

During the night, the upper edge of the drizzle-cloud walked down with me down about Top Camp level to above Sd 2 where I left it behind at 3 am. This morning (16/8) it is still sitting around us but thin enough to let the odd sunbeam through. Wind 0-1 N. Misty morning + afternoon but occasionally clearing to reveal patches of blue sky or at least a view of the lake.

Hot cloudless day, slight breeze in morning

Hot morning.

Hot afternoon. slightly hazy. overcast by 2100.

Clear at times in morning but ~~clearly~~ cloud above peaks also. in afternoon + night.

must ~~not~~ precipitation from last night.

Anio + Camps were both read late on this day. Top Camp was read at 9.30 but no rain or drizzle there so results should be comparative

3280

Date	Actual time am	Actual time pm	in feet		
			Altimeter am	Altimeter pm	
M 12	12-58 (late!) *	20:54	12:58 PTTS 0.1 read, but some spilt. Prob. shall be c. 1.05	12:58 PTTS 3550	20:59 3560
Tu 13	9.45	21.20	0.22 mm	3595	3623
Wed 14	9.45	21.00	Tr ^{a few drops of rain at 8.30 am.}	3550.	3477
Thu 15	10.00	20.45.	0.78 mm + 4.76 at 20.45	3485.	3430
F 16	9.00	21.36.	23.5 ml ^{5.6}	3470	3418.
Sat 17	9.10	21.26	Tr 0.05 mm	3480.	3432
Sun 18	8.58.	20.58. 21.00	○	3490.	3480
M 19	11.45		○	3465	
Tu 20	10.19		0.32 mm	3412.	
W 21					
Th 22					
* Airo 12/8.	12.10.		0.046 inches.		

INFECTED OR RED EYES are usually due to a conjunctivitis caused by a bacterium. Optrex is not very useful. Use Polyfax or tetracycline eye ointment 3 or 4 times a day. Put a little snake oil cream on the turned down lower eyelid. Put the upper eyelid over it and massage gently. This should clear the infection in the course of a couple of days.

ATHLETES FOOT This can be particularly tiresome if you have sweaty feet. Wash your feet thoroughly and dust the feet and socks with Mycil or some similar antifungal dusting powder.

FLEAS AND LICE Dust your clothes and sleeping bag with flea powder (kills pests on pets and undergraduates!). Go to the nearest pet shop and ask for dog flea powder. Hunt for fleas and lice on you. If badly bitten use Betnovate or Synalar cream or Eurax cream.

TAPEWORMS AND ROUNDWORMS For tapeworm take Yomesan (niclomaside 500 mg) four tablets, ~~chew~~ chew well and wash down with water. A cascara tablet should be taken as a purgative. For roundworm take Vermox (mebendazole 100 mg) one night and morning for three days.

AMOEBIASIS If you think you have got amoebiasis (bloody diarrhoea) take tinidazole 2 gms (four tablets) every morning for three days and then Furamide, one tablet (of 500 mgs) three times a day for five days.

HIGH ALTITUDE Note that above 8-10,000 feet the contents of full tubes of ointment will shoot out under pressure. Unscrew cap with care. You may be given Diamox 500 mgs twice a day to counteract mountain sickness.

GENERAL NOTE

It is important that drugs not used are handed in to me for use of future expeditions, or burnt. They could be dangerous particularly for children and in foreign parts any expedition refuse is often avidly collected by the locals.

Bent Juel-Jensen.
University of Oxford.
Trinity, 1984.

B12

Refrivate use with care in rashes

ECZEMA With irritating skin conditions, use ~~Refrivate cream~~ locally or Vioform and hydrocortisone cream. Both contain steroid and an antiseptic.

DISINFECTANTS For cuts and scratches use tincture of iodine unless you are hypersensitive to iodine. Bigger cuts may be washed out with Savlon. A sachet of Savlon concentrate will make a pint of disinfectant ready for use.

MOTION SICKNESS Marzine tablets, 1 every two to four hours, or Dramamine tablets, 1 every two to four hours, help most people.

SORE THROATS Most are not due to bacteria and a soothing gargle with some soluble Aspirin (Disprin) usually takes the worst agony away. If the throat is dark red and very sore it is possible you may have a bacterial infection and if you have a fever, take clindamycin (150 mg capsule) or erythromycin 1 four times a day for five days.

SLEEPING TABLETS You have been given ~~Mogadon~~ *Rohypidol* (nitrazepan) 1 mg. One will send the average adult off to sleep. If one does not work you can safely take two or even three.

N.B. Keep these tablets safely and ensure that they do not fall into the hands of children or irresponsible people.

HEADACHES AND OTHER PAINS AND ACHES You have been given ~~Parasodol~~ (paracetamol and ~~codeine phosphate~~) tablets. ~~Each tablet is in tinfoil.~~ Dissolve 2 tablets in a little sterilized water and swallow. Do not eat tablets dry, the tablets will fizz all the way down if you do.

As an alternative use soluble aspirin, 2 tablets, which may be taken every four hours. Cut the dose if you get ringing in the ears.

INDIGESTION Use ~~Mein~~ *Gaviscon* tablets, chew or suck one or two as often as necessary.

SUNBURN Avoid going into blazing sunshine or working by the sea unless you have used Uvistat ointment on the exposed part of your body, and pomade on your lips.

MOSQUITOES AND FLIES If you are in an area where there are tsetse flies, black flies (simulium damnosum), or a lot of anopheles or aedes, you must use a mosquito net. Both in the Tropics and Arctic and Antarctic mosquitoes can be a nuisance. They will descend in their millions from nowhere and you should have a good mosquito repellent. The best is a mixture of 2-ethyl-1-3-hexandiol (94 G/l), 56.4 ml and N, N-diethyl-m-tolumide (99.7 G/l) 6.3 ml and industrial methylated spirit 66 O.P. to 1 litre. It can be bought in America and Sweden. The Swedish variety is known as Djungel Olja 3 x 6. Do not put it in the eyes or in the mouth.

In some parts of the Arctic tiny flies can be a great nuisance, crawling into the ears, eyes, mouth and nose. Insect repellent does not work on them; but the local population usually will be able to advise you. In Greenland you should go to the Royal Greenland Trading Company (KGH) and buy a very fine mesh shopping bag, put it over your head and wear mittens. This works. Do not put a polythene bag over your head: you stand a reasonable chance of asphyxiating very rapidly.

TYPHUS If you are going to areas where you are likely to encounter rickettsial disease (epidemic typhus, tick typhus, scrub typhus, Rocky Mountain spotted fever) you may be given a supply of tetracycline. If you get a fever (particularly following a tick bite) take two, 4 times a day for a week, and then one 4 times a day for a further week.

SHORT! = 11

IMPORTANT INSTRUCTIONS

DIARRHOEA. Much of the diarrhoea encountered in foreign parts is due to change of diet. Some is due to infection. Prevention is important and half the battle is won by taking simple precautions. Travellers often show a remarkable lack of common sense. Spanish pears may be luscious, but if a Spaniard eats 8 large Spanish pears he will get diarrhoea, so eat fruit in moderation. If you do eat fresh vegetables or fruit make sure that these are washed in water purified with Sterotabs (or Puritabs). Salads that include green lettuce are particularly hazardous. Vegetables are often manured with human dung, and those with a large surface (such as lettuce) are particularly dangerous. You have a little free acid in your stomach, it will cope with a few nasty germs, but not with a lot. Cucumber and tomato salads are relatively safe. If you get diarrhoea, take codeine phosphate, two 30 mg tablets, every 4 hours until the diarrhoea has stopped, or take Lomotil, 4 tablets at once, and then 2 tablets four hourly until the diarrhoea has stopped. You may have been given Imodium (loperamide): take two capsules at once, and then one every time you have a motion until you seize up. If none of these stop the diarrhoea and you are feeling ill, and particularly if you are passing stools with blood and mucus, take Septrin or Bactrim (cotrimoxazole) ~~two~~ tablets twice a day for five days. You may have been given Amoxil (amoxycillin) 500 mg capsule. Take ~~two~~ ^{two}, four times a day for five days. If this does not clear the diarrhoea you must seek medical help. Septrin or Bactrim should not be taken by people that are hypersensitive to sulphonamide. Amoxil should not be taken by people who are hypersensitive to penicillin.

POTIF
NCP.
LAW.
FAVUR!

OTHER INFECTIONS Do not use antimicrobials recklessly. If you have boils and a raised temperature, or infected wounds, or you think you have pneumonia or bronchitis it is reasonable to take a drug. For boils and infected wounds use first clindamycin. The capsules are 150 mg. Take one tablet four times a day. If you are no better at the end of 72 hours, take Septrin (or Bactrim) two tablets (or capsules) twice a day for five days. (Remember that the latter must not be given to people who are hypersensitive to sulpha drugs). Do not give both drugs at once. If you are in doubt you must seek medical advice.

Don't use clindamycin it's not nice really

For boils & infected wounds first clean the wound, get pus out, dress it & rest.

Some of you may be given flucloxacillin (Floxapen). This is also useful for infected wounds, boils. Take one capsule (250 mg) four times a day. If the infection is not better after three days go on to Septrin or Bactrim as above.

HEAT EXHAUSTION AND SUNSTROKE. Keep your water and salt requirements in balance (see other sheet).

ANTIHISTAMINES These drugs suppress allergic reactions of various sorts and are useful in suppressing nettle-rash, itchy skin conditions, hay fever, and to some extent mild asthmatic wheeze. Remember that they all, but to a varying extent, tend to make you sleepy. Do not drive if you are at all drowsy. You will have two drugs, Pro-Actadil and Phenergan. Each tablet of the former is of 10 mg, the latter 10 mg or 25 mg.

PRO-ACTADIL is suitable for use in the day time. One once a day may be adequate but one may be taken at night and morning if necessary.

PHENERGAN The most powerful antihistamine, is likely to make you sleepy, so take preferably at night. Do not take if you are driving. The 25 mg tablet is very potent.

DRUGS - HOW TO USE THEM

ACROMYCIN Tetracycline eye ointment. Only use this if your eye is actually producing pus (ugh). Apply to inside of eyelids 3x /day.

AMOXIL Chest infections, with green or yellow sputum only. 500mg 3x /day for five days at least. Might also work for cystitis but Trimethoprim/Septirin is better. Also use for cellulitis (red, v. inflamed & sore skin patches around cuts or grazes).

BACTRIM Septirin. For Cystitis. One tablet twice daily, FOR FIVE TO SEVEN DAYS. Two tabs for bad goes.

BETNOVATE and **BETNOVATE-C** Powerful steroid ointment. DO NOT USE except under qualified supervision. Do not use for rashes. Do not use for burns.

CODEINE PHOSPHATE For shits. As Lomotil. Also - it's a good painkiller - better than aspirin / paracetamol (but it bungs you up!).

DAKTARIN For really nasty jock-rot & skin rashes which can't be cured any other way (ie by leaving them alone). Use as per leaflet in box.

DALACIN An antibiotic. Broad spectrum, effective but can cause unpleasant colitis (bloody shits+). Use other antibiotics (eg. Amoxil/Septirin) rather than this.

DIOBALYTE For the shits. Make up and drink to replace lost fluid.
If you run out, make your own:
1 litre boiled water
1 tablespoon sugar
1 teaspoon salt

Cheers !

EVRAK Use for itchy rashes, NOT if they're oozing or blistered.

FASICTN Tinidazole. For amoebiasis - chronic, really appalling bloody foul shits which won't go away any other way. Take as per directed on JJ's sheet.

FLAGTL Specialised antibiotic, qualified use only. One tablet 3x /day, for 7-10 days. NO ALCOHOL.
For:- certain types of diarrhoea or vaginitis (thrush).

FLOXAPEN Antibiotic for use only for Amoxil-resistant infection, under qualified supervision.
Weaker than Amoxil but works on more bugs. One or two capsules, 3x /day, for 5-7 days.

CAVISON Makes a sort of raft on the contents of your stomach, which plugs up your gullet and stops honk coming up when you lie down. Use for Heartburn.
Also said to be good for hangovers, though I (Tom) haven't tried it and can't imagine why it might work. (ps. I now have and it doesn't!)

IPRAL See Trimethoprim.

LOMOTIL For shits, if it's really inconvenient. If you've got the shits, something in there wants to come out. Use with caution and not for long periods (ie. more than a few days).

MARZINE Prevents Travel sickness.

MYCIL First remedy for athlete's foot. Use as directed, with the prickly heat powder.
Use for foot or jock - rot.
If doesn't work after a few days, try Daktarin.

PIRITON, PROACTIL, PHENERGAN Antihistamines (for hay fever).
Use piriton first, then (if it doesn't work) proactil, then (ditto) phenergan.
Phenergan is also good for a night's sleep, if you don't mind sleeping the day after as well.
DO NOT MIX WITH DRINKING OR DRIVING

POLYFAX Eye ointment. For milder nasties than achromycin; apply to inside of eyelids 3x /day.

ROHYPNOL Sleeping pills. Don't work for pain.

TRIMETHOPRIM(IPRAL) As Bactrim (but if you start on one, don't change to the other). One tablet twice daily for 5-7 days.

VERMOX For worm infestations, not very likely in Spain.

CAVER - HEAL THYSELF !
A guide to the medicines herein

WARNING- A lot of the stuff in this box is powerful juju indeed. Refer to the "Drugs - how to use them" sheet BEFORE taking anything other than aspirin ! Items marked ** are quite drastic and should only be taken in dire emergency, after consulting a doctor. If it's that bad, maybe you should be in hospital.

AILMENT	DRUG
SHITS	Codeine Phosphate Lomotil Dioralyte (replaces lost fluid) Fasigyn **
CHUNDERS	Gaviscon Marzine (?)
PAIN	Aspirin Paracetamol Watch it ! Aspirin causes gut bleeding and overdose of Paracetamol is VERY NASTY indeed. Codeine Phosphate (?)
FESTERS	Try Savlon FIRST Mycil Daktarin **
RASHES	Try Savlon FIRST Evrax
BURNS	Cold water, use burn bags, or leave exposed to harden. Keep clean (Savlon).
NASTY EYES	Polyfax Acromycin
HAY FEVER	Piriton Proactil Phenergan
ANTIBIOTICS	None of these to be used trivially. Amoxil Bactrim Trimethoprim Ipral Dalacin ** Flagyl ** Floaxapen **
ECZEMA	Betnovate ** (see Urs if no Doc.)
CAN'T SLEEP	Alcohol ? Oh, all right, try Rohypnol Phenergan ?
WORMS !	Vermox

B16

Philip Sargent

P068368C

William Stead "Becky"

N606024D

The Casco gorge looks almost like Swildon's without the roof on.

Iestyn Walters

"God, I feel respectable!"

Sara Whibley

N506634B

Contact details removed

Fred Wickham

784281B

"People always take advantage of me when I lie down".
John Wilcock

Hilary Winchester

N043709C

"Tu estás del grupo"

↑

Blas/Julia : Grupo 1

VIADUCT

4 SEM

33004

David Horsley

L414115C

Ian Houghton

N824971A

John Hutchinson

N180702B

Contact details removed

Steven Mayers

L209389L

Martin May

"My neck's stronger than any rock". "I didn't fall, I just let go".

Margot Morris

623794B

Gerhard Niklasch

(German) D9247630

Susan Robiette

(American) Z4787605

"I'd rather have it off, actually" *New address:*
Steven Roberts

P033790C

Windy! When it comes to big shafts, I'm a jelly.
"Lofky"

David Rose

141635E

"I'm getting married tomorrow!"

Philip Rose

935192B

"I suggest..."

B18

001 221 MLD 91

"When you get to know me you'll realise how disgusting I really am":

Paul Brennan

381006ZA

Fuck me. I'm all sweaty before I even get in!

Wire Belay
hump of Fatty Bacon

Ursula Collie

"I am not a garlic person"

C969082

~~Paul Cooper~~

Contact details removed

~~P829724A~~

Nicola Dollimore

007467E

M. D. & S.

Philip Duncan

330210

Hang jee!

Stephen Gale

N704646D

Don't be so dogmatic

Duncan Gilchrist

Are Mornflakes rationed?

"Good stuff" "...jobbie"

Richard Gregson "Dicky"

L230164E

"I feel older enough to
drive the van back"

Martin Hicks

Sean Hodges

P523280C

What does VD stand
for?

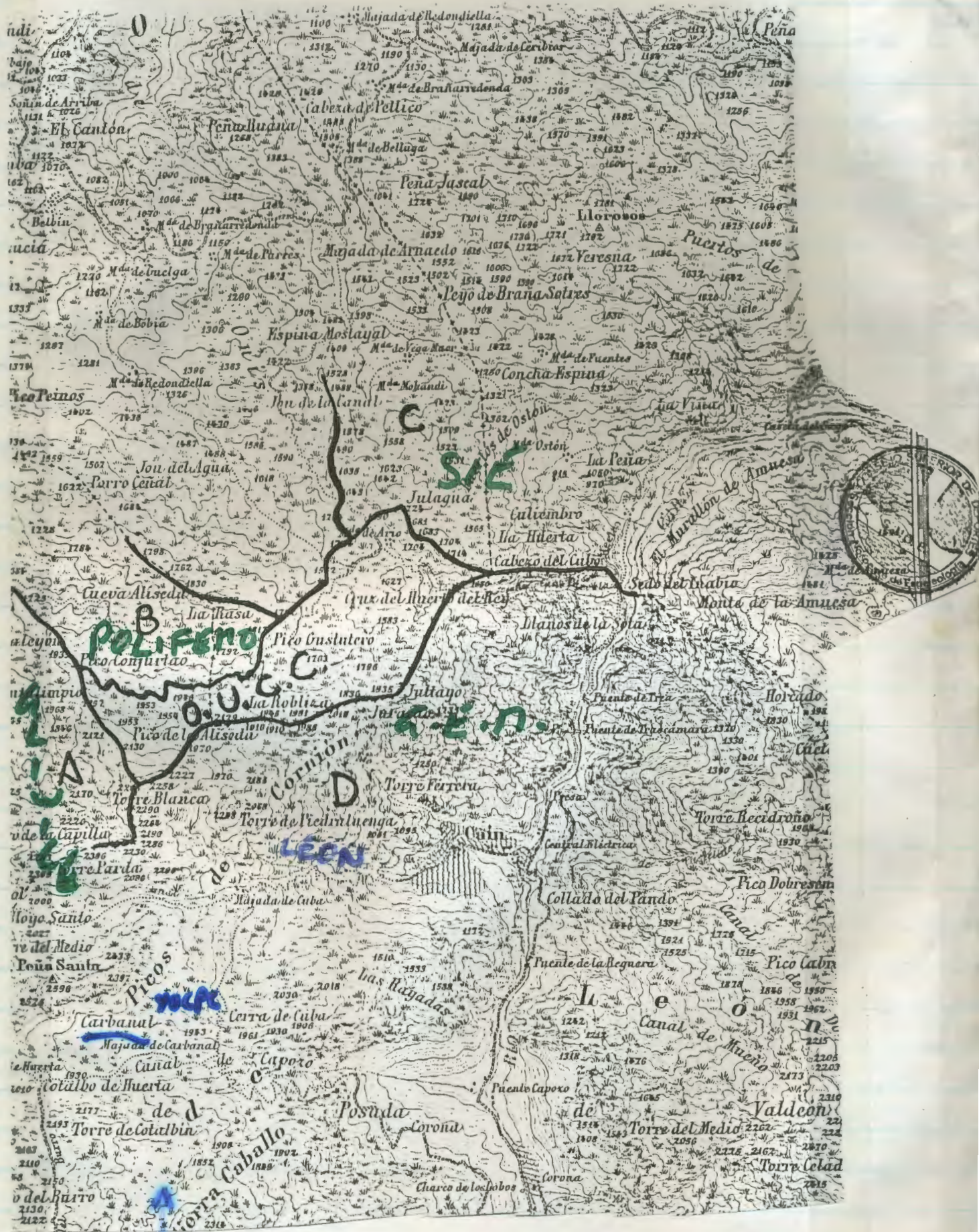
Geoff Hogan

P813352A

I like it dangling
round my ankles

PERMISIÓN

B19

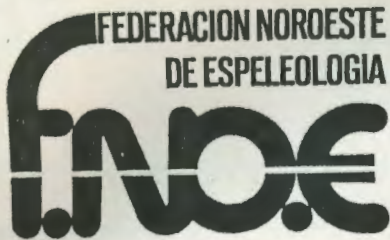


YUCPE + Maland.

CAJING

120

CONSEJO SUPERIOR DE DEPORTES



OXFORD UNIVERSITY CAVE CLUB
Steven G. Roberts
OXFORD
INGLATERRA

FEDERACION NO. DE ESPELEOLOGIA
c/ Foncalada, 15, 8ª izda.
33002 - OVIEDO

24/6/85

Examinada la solicitud presentada por el O.U.C.C. para la realización de trabajos espeleológicos durante 1985 en la provincia de Asturias, dentro de los concejos de Onís y Cangas de Onís, la Asamblea Territorial de esta Federación celebrada el 25 de Mayo del presente año ha acordado la autorización para los mismos.

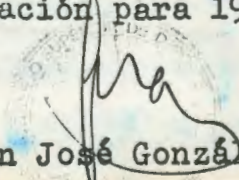
DURACION: todo el año 1985 (Campaña de verano del 10 de Julio al 22 de Agosto, y cualquier otra posible actividad dentro del período anual indicado).

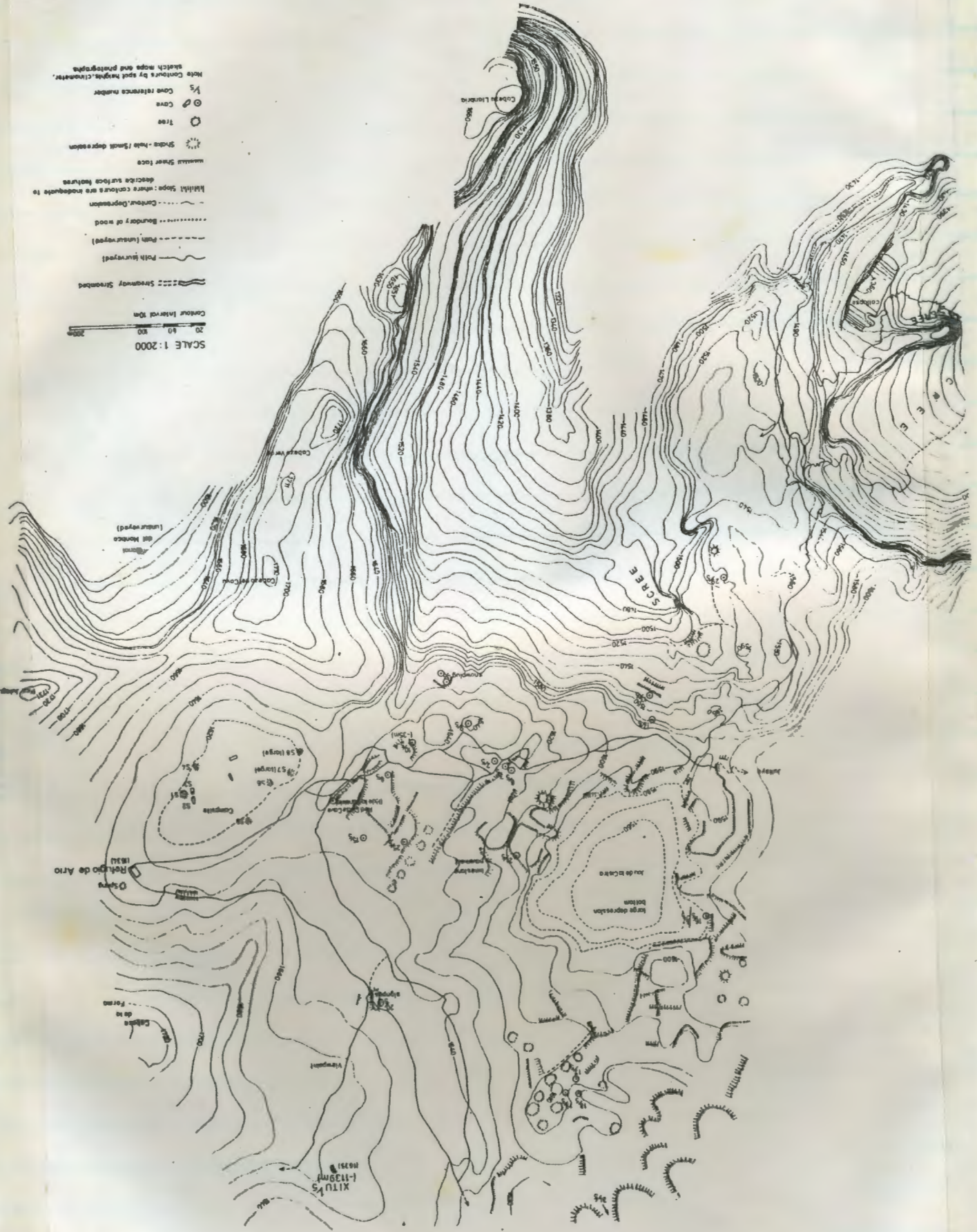
ZONA : Delimitada topográficamente en fotocopia adjunta del plano 1/50.000 del IGN, dentro del Macizo Occidental de los Picos de Europa y Parque Nacional de la Montaña de Covadonga. Al N. de la divisoria provincial con León, entre las cumbres de la Punta Gregoriana y Cabeza Llabria, cerrando el contorno la Pica la Jorcada, Conjurtao, pico Gustuteru, Cabeza la Forma, Cabeza Julagua y Cabeza Verde.

La Entidad solicitante debe cumplir las normas administrativas relacionadas con el Parque Nacional, en todo lo tocante a acampadas y respeto del medio exterior y subterráneo. Asimismo, en el plazo de seis meses tras la finalización de los trabajos, remitirá a esta F.NO.E. un informe completo de los estudios realizados, que incluirá:

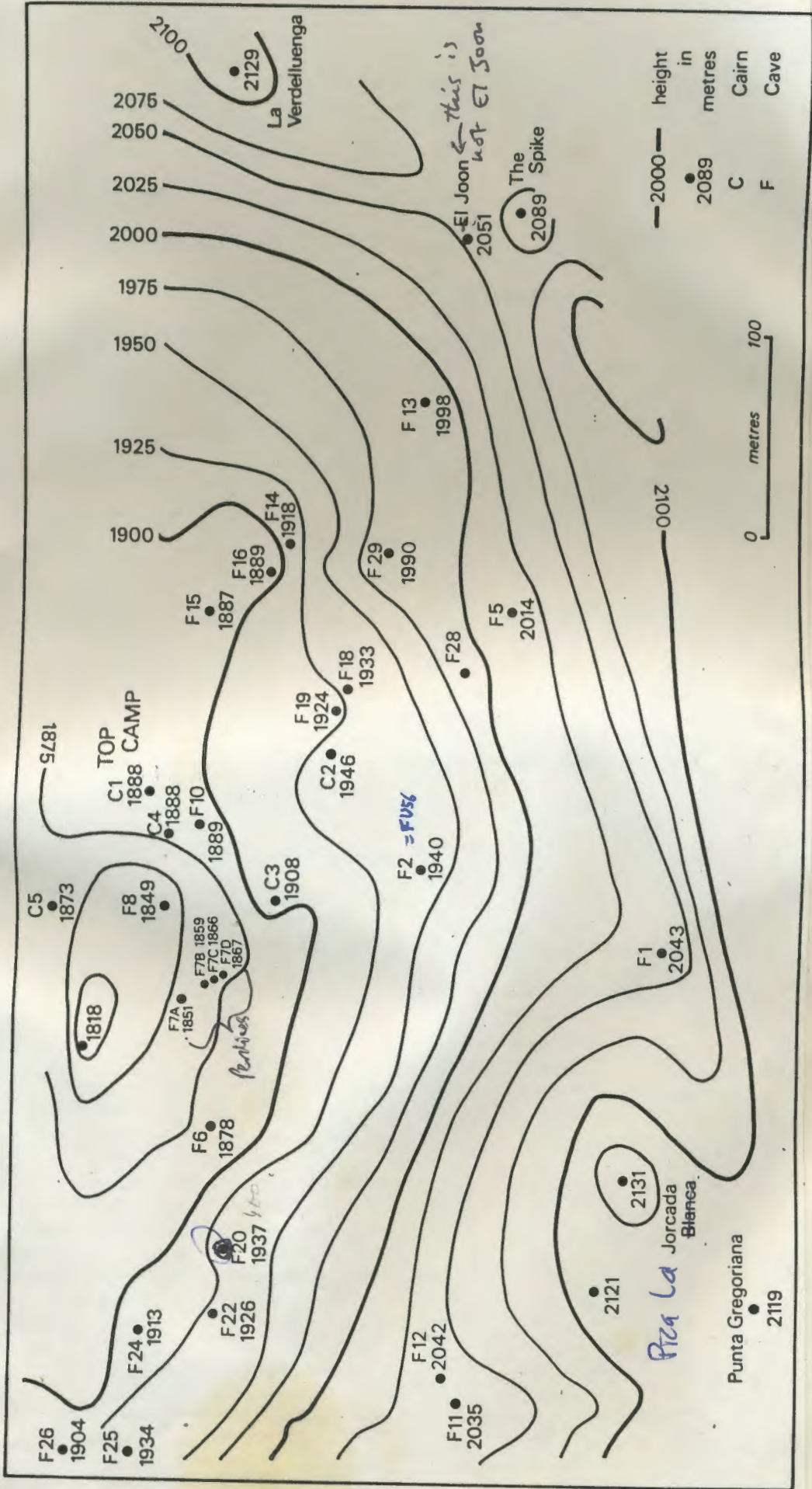
- Coordenadas geográficas de cada cavidad, y/o localización precisa de las mismas sobre un plano 1/50.000 o más detallado.
- Plano topográfico (cuando se haya realizado) y descripción de las cavidades, junto a cualquier otro dato o estudio complementario de interés para la elaboración del Catálogo de Cavidades y un mejor conocimiento de la zona.

El envío de este informe es condición previa e imprescindible a una posible renovación de la autorización para 1986.


Juan José González Suárez



Note: Contours by spot heights, clinometer.
Match maps and photographs.
Contours by spot heights, clinometer.
Cave reference number
Cave
Tree
Shrub - hula / small depression
Mammoth Shrub face
Hillside Slope: where contours are inadequate to describe surface features
Contour depression
Boundary of road
Path (unsurveyed)
Path (surveyed)
Strenuous / Steepened
Contour Interval 10m
SCALE 1:2000



Location of caves around Top Camp

B24

Oxford University Cave Club Jultayu 1985

THE FIFTH AND FINAL NEWSLETTER

Here we go then, two three four:

TRANSPORT

This is what is going on to the best of my knowledge. Transalpine tickets have not yet been booked, but everything else is moderately decided.

OUT IN THE VAN + RICHARD'S CAR via Santander, leaving Oxford Sunday 7th July, staying overnight in Plymouth, sailing Monday 8th July:

Nicola, Dave H., Paul, Steve R., William, Phil R., Phil D., Sean, Dave R., Richard, Sara, Geoff, Sue, Martin M., Gerhard, Steve M., (perhaps Fred).

OUT IN MARTIN HICKS'S CAR via France, leave UK July 19th:
Martin H., Ian, Iestyn.

OUT IN JOHN WILCOCK'S VEHICLE via Santander, July 24th:
John W.

BACK IN RICHARD'S CAR ^{every restaurant in} via France, arrive UK July 30th:
Richard, Dave R. ~~John~~ ^{Sue} Geoff. ^{Calais}

OUT IN PHIL SARGENT'S CAR via ~~Santander~~ ^{Calais}, August 2nd:
Phil S., Urs, John H., Duncan.

BACK IN JOHN WILCOCK'S VEHICLE via Santander, arrive UK August 9th:
John W., Nicola, Steve R., William, ~~Sue~~.

BACK IN MARTIN HICKS'S CAR via France, August 11th:
Martin H., Ian, Iestyn.

BACK IN THE VAN + PHIL SARGENT'S CAR via Santander, August 22nd, arrive UK August 23rd:

Dave H., Fred, Paul, Philip x 3, John H., Urs, Martin M., Duncan, Gerhard. *via Calais, 25/8/85*

TRANSALPINO (approximately):

Who	Out	Back
Fred perhaps	9.7	
Steve M.		21.7
Sara		21.7
Geoff perhaps		21.7
Sean		4.8

MAKING THEIR OWN WAY THERE: Steve G., Hilary, Margot.

Handwritten notes at the bottom of the page, including "Cave Club" and "Jultayu 1985".

DO NOT REMOVE

B25

13th July '85

William Stead Bitten by vicious Alsatian in elbow spin
on shore of Lago Enol near Bathing place. Cut skin
but otherwise not great damage. Owner assured
Returned me that the dog had been vaccinated
against rabies but wouldn't give me name &
address as neither of us had pen & paper.

Returned with Sean & Dave H. to find owner near same spot
Co-operation (Prepared to speak French)

Holiday address: JOSE RAMON VILLANUEVA TEMPRANO
CALLE RUFO RENDUELES 20-7° - †
GIJON
Telefono 241087

Writer address: CALLE COMANDANTE CABALLERO
10-3° - B
OVIEDO

Note

Please return to Plymouth - Kieran

Rain gauge from base camp
Dye detector samples + spare dye in blue container
White box with tent + wellies
Box with Kieran's gear

Please return to Oxford (or to Cambridge if anyone is
going that way):

2 rain gauges
Personal gear (already labelled)
Swiss Army Knife on a cord, if anyone finds it.

Cheers,
Stephen G.

B26

DO NOT REMOVE

1976

BILL COLLIS

& MIKE COWLISSAW, Image Systems,
IBM UK Scientific Centre
St. Clement St.

WINCHESTER

SO23 9DR

(0962) 68191

telex 47645 IBMWIN G

invite to exper. dinner.

They organised 1976 Forcan Expt.

Bill Collis lives in Milton, but comes over to the UK every year near the beginning of December for a few days. Maybe we should arrange dates to suit him for the exper. dinner. ??

YO CPC 2 ships at ~ 600m.

Leon

Sección de Espeleología del Club
deportivo de la Universidad Politecnica de
Valencia.

Camino de Vera s/N. (vicerrectorado de ext. univ.)
VALENCIA 46021 ESPAÑA

↑ This is the address of the Valencia cavers
who are pushing a cave with the Orvedo lot
up near Pena Santa. They have given us
a lovely publication 'Lapias' ~~with~~ (nothing about
this massif however) and we agreed to send them
a Proc II ~~in~~ in exchange.

Cheers,
September

B278

Morningflake
QUICK
OATS

THE CEREAL THAT BOTTOMED

XITU

AND SHITUED YOUR

BOTTOM!