



- **Please fill out the medical form and return it to us as soon as possible.**
  - **A doctor's physical examination is not required**, but it is important to know a history of shots, especially tetanus. Feel free to copy this information from your school medical form.
  - Important: **Please sign medical consent over to Adventure Treks in case we can't reach you and need to make an immediate decision concerning care of your child. Please be assured that in the unlikely event of a medical emergency, we will make every effort to contact you prior to authorizing medical treatment.**
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- **If applicable, please describe your child's medication, dosage, reason for use, and possible side effects on the medical form. If your child has any food allergies or is allergic to insect stings or bee/wasp stings, please describe history and extent of reactions.** Please provide any additional information as necessary.
  - **Students should bring labeled prescription medications in their carry-on luggage.** Please do not put meds in checked luggage.
  - Instructors will collect all prescription medications upon arrival so we can make sure medications are taken at the appropriate times.
  - We will also collect all non-prescription medications so we can keep them in a safe, dry place and monitor their use. We carry extensive first aid kits so students do not need to bring personal Tylenol, aspirin, etc.
  - **Please make sure your child has a double supply of all prescription medications for the duration of the trip.** We do not want to run out of needed prescription meds. It is difficult to find a pharmacy in the wilderness! If your child is asthmatic, please have him/her bring a minimum of 2 inhalers. Your child will always carry one, and an instructor will always carry a backup.

