



GUIDE TO EMERGENCY & MEDICAL PREPARATION

Before You Arrive:

- **Check Insurance:** Students are required to carry medical insurance.
- **Bring Insurance Card:** Carry insurance cards and/or policy numbers with you.
- **Fill out Emergency Medical Information Form.**
- **Check Records:** Have you had a tetanus shot within the last five years?
- **Inform instructors:** Do you have medical issues that we need to know about? Do you have potentially life threatening allergies (bee-stings, food, plants, etc.)?

NOTE: If you are a certified First Responder, WFR, or EMT, let your instructors know and bring additional equipment appropriate to your medical rating.

Personal First Aid/Emergency Kit

Students are required to carry their own personal first aid kit while in the field (in your pack at all times). Be sure to stock it with any items that have been prescribed by a doctor for you, such as inhalers, glucose, or an “epi-pen” for allergic reactions (epinephrine for anaphylactic shock from insect bites, food, plant allergies, etc.). Carry these supplies in a waterproof bag or pouch.

Supplies for trauma care:

- ✧ Assorted sizes of adhesive strips (band aids), including some large ones
- ✧ One or more large ‘trauma pad’ or Quik-clot pads for bleeding
- ✧ One or more rolled ace bandage (elastic wrap)
- ✧ Water-proof medical tape (1- and 2-inch rolls)
- ✧ Assorted sizes of non-stick sterile dressings
- ✧ Alcohol wipes
- ✧ Triple antibiotic ointment (over-the-counter)
- ✧ Small bottle of sterile saline eye wash
- ✧ Tweezers (good for pulling cactus needles, etc.) & extra safety pins
- ✧ One pair rubber gloves

Recommended miscellaneous supplies:

- ✧ Pain and/or anti-inflammatory medication (your choice – some people have allergies that dictate what they can take or tolerate, so follow whatever your doctor recommends for you)
- ✧ Small flashlight or head lamp (don’t left in your tent)
- ✧ Insect repellent (not recommended unless it is extremely buggy)
- ✧ Moleskin or molefoam or other pads and bandages for blisters on your feet

- ✧ Other prescription or non-prescription medications (decongestant for hay fever, antacid, throat lozenges, etc.)?
- ✧ Something for upset stomach and/or diarrhea
- ✧ Pocket mask for CPR (optional)
- ✧ Formable C-splint or air splint (optional)

Each field vehicle carries a comprehensive first aid kit for trauma care and a comprehensive medical kit will be available in camp.

What to Do...

In case of minor injury in the field. If you or your partner is injured and still able to walk, proceed to one of the field vehicles. Summon an instructor if possible or wait in the vehicle until an instructor or other students return. If the patient needs medical care you may drive the vehicles to the nearest hospital or clinic. Keys are always left with the vehicle for emergency situations. Do not take a vehicle without permission unless the need for care is urgent.

In case of serious injury in the field. If you or your partner is seriously injured in the field do your best to provide first aid to stabilize the injury. ***Summon help.*** There will almost always be other students or instructors within earshot, especially if you climb to a highpoint. ***Stay with the patient unless it is absolutely necessary to leave to get help.*** If you *must* leave be sure the patient is stable, calm, comfortable, protected from the elements and has plenty of water. The most likely serious injuries include:

- ***Snake bite.*** Remain calm and summon help or walk to vehicles. Get the patient to a hospital as quickly as possible. Antivenin is the only effective treatment and must be administered as soon as possible. Do not try to suck out venom and ***never*** cut the skin near the bite. Do not apply a tourniquet.
- ***Broken bone.*** Stabilize the limb with a splint and/or an elastic (Ace) bandage. Get to a vehicle and take the patient to a hospital. If the patient has a broken leg, summon help. To carry the patient to a vehicle. The field course has a backboard for transport of injured and immobile patients.
- ***Bleeding.*** If you or a partner has an injury that causes serious bleeding elevate the injury above the level of the heart. Keep patient calm and comfortable and use a trauma pad or *Quik-clot* pack to stop/slow the bleeding. ***Summon help.*** Assist or carry the patient to a vehicle and drive to a hospital. If a patient is bleeding, time is critical!

In case of injury in camp. Use your first aid kit or one of the group first aid kits to treat the injury. Inform an instructor or seek help from other students. If you or another student need to be transported to a hospital or clinic find an instructor or student driver. If the patient needs urgent care and you cannot find an instructor, you may take a vehicle. Do not take a vehicle without asking unless the need is urgent.

In case of illness. Inform an instructor and discuss treatment options. Accommodations will be made for serious illness at the discretion of the instructor and may include rest in camp, visit to the doctor, hospitalization etc.