



**Please complete this form and return it to your leader within 30 days.**

We ask for this information so that our staff will know in advance of special medical conditions you may have, rather than learning about them in a crisis. Also, in the event of serious injury or illness, this form provides emergency medical personnel with a useful medical history. After reviewing this form, the leader may contact you to discuss whether the trip will be safe and enjoyable for you considering your medical history.

We will keep the information on this form confidential. It will be seen only by staff, medical personnel, or others who know and understand its confidential nature. The form will be retained along with your liability waiver for a period of time following the trip, after which it will be destroyed. If you choose not to go on the trip, this form will be destroyed immediately.

### General Information

**Name:** \_\_\_\_\_ **Gender:**  Male  Female

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Home:** ( ) \_\_\_\_\_ **Work:** ( ) \_\_\_\_\_ **Cell:** ( ) \_\_\_\_\_

**E-mail address:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

---

**Height:** \_\_\_\_\_ **Weight:** \_\_\_\_\_ **Blood Pressure:** \_\_\_\_\_ **Resting Pulse:** \_\_\_\_\_

*Emergency Contact:* \_\_\_\_\_ *Relationship:* \_\_\_\_\_

*Home:* ( ) \_\_\_\_\_ *Work:* ( ) \_\_\_\_\_ *Cell:* ( ) \_\_\_\_\_

*If the above person is unavailable, please notify:* \_\_\_\_\_ *Relationship:* \_\_\_\_\_

*Home:* ( ) \_\_\_\_\_ *Work:* ( ) \_\_\_\_\_ *Cell:* ( ) \_\_\_\_\_

### Medical Insurance Information

We strongly encourage you to have medical and evacuation insurance and to bring your insurance card or other documentation with you on the trip.

**Company Name:** \_\_\_\_\_ **Policy Number:** \_\_\_\_\_

**Contact Phone Number (if applicable):** \_\_\_\_\_

### Allergies

Include medicines, foods, animals, insect bites and stings, and environment (dust, pollen, etc.).

**NONE**

| Allergy | Reaction | Medication Required (if any) |
|---------|----------|------------------------------|
|         |          |                              |
|         |          |                              |
|         |          |                              |
|         |          |                              |

## Medical History

Please list all prescription, over-the-counter, and natural medications you are taking. *Use a separate sheet if necessary.*

| Medication Name | Dosage | Frequency | Side Effects (known & potential) | Reason for Taking |
|-----------------|--------|-----------|----------------------------------|-------------------|
|                 |        |           |                                  |                   |
|                 |        |           |                                  |                   |
|                 |        |           |                                  |                   |
|                 |        |           |                                  |                   |

- Recent illness? \_\_\_\_\_
- Accidents, operations, hospitalizations? \_\_\_\_\_
- Recent exposure to infectious diseases? \_\_\_\_\_
- Do you have asthma?  Yes  No *If yes, please list any medications above.*
- Do you have diabetes?  Yes  No *If yes, please list any medications above.*
- Do you have a history of high blood pressure?  Yes  No *If yes, please explain on a separate sheet.*
- Do you have any problems with your eyes or vision?  Yes  No *If you wear prescription glasses or contacts, we recommend bringing a spare set.*
- Do you have any problems with your hearing?  Yes  No *If yes, please explain.*
- Are you pregnant?  Yes  No
- Do you have any bone, joint, or muscle problems?  Yes  No *If yes, please explain on a separate sheet.*
- Have you ever had a seizure?  Yes  No *If yes, please explain on a separate sheet.*
- Have you ever experienced altitude problems?  Yes  No *If yes, please explain on a separate sheet.*
- Do you have any other medical issues that might affect your participation in this trip?  Yes  No *If yes, please explain:* \_\_\_\_\_

- The outing may require vigorous activity, extended climbing and hiking, and other physically and mentally demanding exertion in isolated areas without medical facilities, medical providers, or means of contacting rescue or medical personnel. Please state below all physical or mental limitations and restrictions of which you are aware:  
*If you have no such limitations, please initial here:* \_\_\_\_\_

- **Tetanus:** It is strongly advised that you are inoculated against this fatal disease and you obtain a booster within every 10 years. The date of your most recent tetanus inoculation or booster: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

## Physical Examination

Date of most recent physical: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Physician's name: \_\_\_\_\_

Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Physician's signature (if required): \_\_\_\_\_

❖ *Please notify your trip leader immediately if any information on this form changes.* ❖

**Trip Name:** \_\_\_\_\_ **Trip Dates:** \_\_\_\_\_

**Signature (required):** \_\_\_\_\_ **Date:** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_