Medical details:

Doctor's name, phone

Medicare No.	Private health fund and number	Ambulance cover

Year c	of last i	mmuni	sation fo	r:	
Tetanus	Hep A	Hep B			

Tetanus	Hep A	Hep B			Blood group

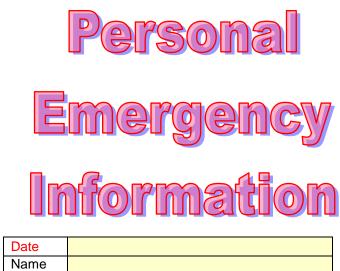
Medical conditions	
Allergies food or medication	
Medications being carried or taken	

Next of kin or contact person(s)

Name	
Relationship	
Address	
Phone	

Carry this laminated page in your pack at all times in an easy-tolocate position, eg top zip of your pack. This information will only be accessed in an emergency.

It is your responsibility to keep this information up-to-date.



Date	
Name	
Address	

For this information to fit into a 10 cm by 15 cm laminating pouch, all the personal information should be above the red line. Reducing the font size of your answers may help. Cut the page along the red line. Some trimming along the dotted line might be required.