

Medical details:

Doctor's name, phone	
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Medicare No.	Private health fund and number	Ambulance cover

Medical conditions affecting walking

Allergies to food, bees, medication, etc

Medications being taken or carried

If I'm unable to act from a medical episode/allergic reaction, do the following:

Next of kin or contact person(s)

Name		
Relationship		
Address		
Phone		

Carry this laminated page in your pack at all times in an easy-to-locate 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.
A blank form is in the Members section of our web site.

Personal Emergency Information

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.

A reminder about participants' responsibilities on activities

- To book—contact the leader prior to the scheduled activity and provide your emergency contact details. Give a week's notice if possible as the leader may need to organize transport and may wish to change plans if there are no definite starters on the Wednesday prior to the walk.
- Check with the leader re the **grading** of the walk to see if it is suited to your capabilities.
- Ensure that **you are prepared** with the correct footwear, food, water, and clothing to suit the conditions.
- **Be on time.** If a delay is unavoidable, please notify the leader ASAP.
- If the leader is happy for you to walk faster than the main group, stop every so often for the others to catch up, and especially stop at any intersections and wait.
- If you need to leave the track for any reason, make sure someone else knows.

Personal emergency information form

This is the form above. Each participant must carry such a form outlining any personal emergency information in a readily accessible part of the pack, eg top pocket. The form, filled in and maintained by the participant, gives medical details that would only be accessed by the leader in an emergency, typically when the participant is incapacitated.

If you don't have access to a printer, a committee member should be able to obtain a form for you. Alternatively simply write the required information on a piece of paper.

Participant's emergency contact

This is somebody the leader should contact in case of a problem or an emergency on that particular trip, either to the participant or the group as a whole. This contact may be different from trip to trip, hence the need for the leader to collect this information from the participants for each trip at the meeting place or when booking.

Trip's emergency contact

This is somebody not on the trip who has a list of participants and their contact details for use if problems such as non-return, arise on the activity. That aspect is more relevant to activities in remote areas because of the adequate mobile phone coverage in the areas we usually walk. The leader chooses, and lets participants know the name of, the emergency contact.