

# Expo medical details form

Please fill out both parts of this form (use the other side if you need more space). The two parts will be kept in sealed envelopes at base camp and in the large first aid kits at top camp. They will be opened, read and passed on as appropriate only in the event of an accident. All forms will be securely destroyed at the end of expo.

**You should let anyone you cave with know of any medical conditions which may affect your caving trips or time on the plateau.**

Leave this half of the form at base camp. **Ensure your next of kin and insurance details are recorded in the bier book at base camp.**

Full name:

Date:

Allergies (including allergies to medications):

Medications you are currently taking:

Relevant medical history (do not include minor ailments or contraceptive details):

---

# Expo medical details form

Take this half of the form to top camp the first time you go up there, and put it in the envelope in the large first aid kit.

**You should let anyone you cave with know of any medical conditions which may affect your caving trips or time on the plateau.**

Full name:

Date:

Allergies (including allergies to medications):

Medications you are currently taking:

Relevant medical history (do not include minor ailments or contraceptive details):