







EMERGENCY MEDICAL INFORMATION

You can also have this laminated at Staples for as little as \$3.00.

Please, cut out, add your information, fold lengthwise along heavy line. Then place in a plastic tag container or baggie and put in an easily accessible place in your pack.
Reason: should you suffer an accident, your leader, fellow hikers, or medical personnel will have access to this information.

  	
<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>Information in case of Emergency</p>  </div> <div style="text-align: right;"> <p>Care Card # _____</p> <p>_____</p> <p>Address _____</p> <p>_____</p> <p>Name _____</p> </div> </div>	
Emergency Contact	<div style="display: flex;"> <div style="flex: 1;">Name Relationship</div> <div style="flex: 1;">Phone Cell</div> </div>
Doctor	<div style="display: flex;"> <div style="flex: 2;">Name</div> <div style="flex: 1;">Phone</div> </div>
Medication	No <input type="checkbox"/> Yes <input type="checkbox"/> For names & dosages, unfold & see inside
Allergies	No <input type="checkbox"/> Yes <input type="checkbox"/> 1. 2.
Other	Pacemaker <input type="checkbox"/> Glasses <input type="checkbox"/> Contacts <input type="checkbox"/> Hearing Aid <input type="checkbox"/> Other

