

Medical Section

Medical Information - Each participant will be required to complete a personal medical information form, which includes special medical conditions or medication needs.

Medication - Each participant should bring and use any medications which would normally be used at home.

Medical Team - On Trek there will be a medical team consisting of physicians, nurses, EMT, etc. They will be on the trail and at the campsites to handle any medical issues and emergencies, as well as assist with prevention.

First Aid Kits - Each family will be given a very basic first aid kit, with each company captain having a more complete first-aid kit.

Foot Care/Blister Prevention - Each family will be given some basic foot care supplies. Please try to prevent blisters. Your Ma/Pa, along with the medical team, can assist you in treating blisters. A foot care treatment station, staffed by the medical team, will be in operation each morning, mid-day, and evening.

For blister prevention:

- Use the double sock concept. A light, breathable, nylon base layer (women's knee-high nylon) under a thick breathable wool sock is optimal.
- Antiperspirant or foot powder at the beginning of each day (getting it between the toes) is very helpful.
- Apply moleskin before a blister develops, at the beginning of each day.

Water/Hydration - Drink up to one gallon per day to maintain hydration. At every stop, drink even if you are not thirsty. Urination should be frequent and urine should be diluted.

Dehydration & Heat Exhaustion - A headache, nausea, dizziness, and/or weakness are often signs of dehydration or heat exhaustion. Contact your ma/pa and the medical team should you suspect such a condition.

Chafing - Chafing is a skin irritation caused by friction when skin rubs against skin or clothing, often made worse by sweat.

The following methods can help prevent chafing:

- Make sure skin does not rub against skin or clothing.
- Wear comfortable, well-fitting, breathable, absorptive undergarments.
- Wear compression/spandex type shorts under pioneer clothing.
- Apply antiperspirant to at risk areas - inner thighs, arm pits, etc.
- Use an absorptive powder such as Gold Bond, talcum, or baby powder.

- Use a barrier/lubricant such as Body Glide, Sports Shield, A&D Ointment, Aquaphor, or other similar products.

Ticks - Each family member should check himself for ticks twice a day, and contact the medical team if a tick is discovered.

Severe Weather - Use tarps, lawn/leaf bags, handcarts, tents, or natural shelter to provide relief from rain, hail, or wind. In case of lightening, spread out, crouch down, and stay away from tall objects.

Buddy System - Trek participants should never be alone. Always stay with your family.