



GWSA TRIP INFORMATION – Bring this completed sheet with you.

Accidents and illnesses happen all too often, and as we age the possibilities can increase. When you take a GWSA trip it's important we are able to provide a safe environment for you, our friends. That's why it's important that you bring certain things with you on these trips. This is your private information and you won't need to give it to us. However, if you need medical assistance during the trip it will be important to have this information available to give to medical personnel.

Name: _____

1) Proper Identification i.e. driver's license, passport

2) The name and phone number of an emergency contact who's not on the trip with you:

Name: _____ Phone: _____

3) Your OHIP Card

4) Your Family Doctor's Name and Phone number

Name: _____ Phone: _____

5) A list of known major health issues:

6) A list of all medications you take

Medication: _____ Dosage: _____

Medication: _____ Dosage: _____

Medication: _____ Dosage: _____

Medication: _____ Dosage: _____

Medication: _____ Dosage: _____

7) A list of any/all allergies particularly regarding food or medication that may cause you to have a life-threatening reaction.

Allergies: _____

8) Your emergency medical equipment i.e. epi-pen

It's also important for you to know that if you experience a major health issue or accident on a trip we are obliged to contact a health professional such as an EMT or ambulance for an assessment. This is a liability issue for the GWSA.