

# Ma's and Pa's Medical Tips

West Point Trek 2016

Prevention, prevention, prevention. Prevention is the key to having a safe and fun experience on trek. If someone is injured Ma/Pa alert walking medical staff → Trail boss → Medical vehicle

**Prevention of dehydration.** Encourage your family members to drink constantly. It is very important to stay hydrated, especially when it is hot. The bathroom facilities aren't the most ideal and some (girls especially) won't want to drink so they won't have to use the bathroom. If one is thirsty, they are already dehydrated. Drink, drink, drink. We will have a 2 10-gallon jugs on each handcart, one jug of regular water and one jug of electrolyte water. Each person should alternate between the regular water and the electrolyte water.

## Symptoms of dehydration/heat exhaustion

- Pale face; whole body may feel cool and clammy
- Shallow breathing
- Nausea and vomiting
- Dilated pupils, headache, dizziness
- Weak pulse
- Heavy perspiration
- Unconsciousness

## Treatment

- Alert medical team
- Place person on their back and raise their feet
- Provide shade if possible
- Loosen clothing, remove shoes and socks
- Give person water and Gatorade diluted half and half. Give by sips
- Fan and put cool, wet clothes to back of neck, face, armpits and legs

Heat stroke

## Symptoms

- Red, very hot face, skin is often dry, but may be sweaty
- Small pupils
- Slow, noisy breathing
- Rapid, strong pulse
- Possible unconsciousness

## Treatment

- Place person on his back with head and shoulders raised
- Get into a cool medical vehicle
- Undress the person as much as possible
- Cover the person, especially the head with dripping cool wet towels/cloths

**First aid kit** Each Ma and Pa should have their own basic first aid kit on their handcart for their family. If you would like to be reimbursed for what you use for your handcart family you may submit a reimbursement form to the stake.

Each kit should have minimum: Band-aids, Neosporin, antiseptic wipes, mole skin, hand wipes, scissors, baby powder, feminine products, sunscreen, tweezers, gauze, tape.

Know if anyone in your handcart family has any medical problems to be aware of.

Safety issues:

Stay on trails. This will help avoid ticks, snakes, unseen holes.

Encouragement to family members

Drink lots of fluids