

## Additional Health Form - for Participants under the age of 16

**Name:** .....

Below is a list of the first aid items and remedies which will be available at camp.

Please **cross out any item which you do not want to be used** on your son/daughter\* and sign the form at the bottom.

<p><b>Plasters, bandages etc.</b></p> <p>Fabric Plasters (zinc oxide)          Washproof blue catering plasters          Micropore tape,          Hypo allergenic plasters          Melolin wound dressing pads          Steri-strip pack          Gauze, Cotton wool          Assorted bandages and wound dressings          Sterile eye pad          Sterile saline (wound/eye wash)</p> <p><b>Campers should bring their own:</b></p> <ul style="list-style-type: none"> <li>• sun lotion</li> <li>• after sun</li> <li>• insect repellent</li> </ul> <p>but please note any known allergy.</p>	<p><b>Remedies:</b></p> <p>Antiseptic cream &amp; wound wash          Anthisan cream (insect bites/nettle rash)          Calamine lotion (skin irritation)          Panadol (soluble paracetamol, headache/fever - age 6 plus)          Calpol (liquid/fast melt contains paracetamol, headache/fever - age 6 plus)          Witch hazel (bruises)          Burneze (minor burns)          Bonjela (mouth ulcers/toothache)          Blisteze (cold sores/sore lips)          Wasp-eze (Sting relief)          Throat lozenges          Indigestion tablets (age 10 plus)          Vapour rub (decongestant)</p> <p><b>Other:</b></p> <p>Plastic gloves, latex gloves          Antiseptic wipes</p>
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You may, if necessary, provide an alternative to one of the items above, which should be clearly labelled and handed to the sub-camp First Aider.

- **I approve the list of first aid box contents above for use, if a first aider considers it necessary, on my daughter/son. YES/NO**
- **I agree that for the safety of everyone all medicines [prescriptions, painkillers and other pharmacy items] will be labelled & handed to the sub-camp first aider. YES/NO**

[If you son/daughter needs **asthma relief inhalers/ epipen**, they should keep these with them and give **spares** to the sub-camp first aider.]

Signed..... Date.....  
 [Adult with parental responsibility]

Please return this form and the General Health Form on 31<sup>st</sup> March.  
 The health form update must be completed and brought to camp.

\*or ward