

## **2019 Chosen International Pathfinder Camporee Tips from Your Medical Team**

- Please plan on 64 ounces of water each day for each person in your club.
  - Insist that every member of your club (adult and Pathfinder) drinks at least 16 ounces of water with each meal
- Please plan on having Gatorade or equivalent available for each person in your club to drink daily
  - You can purchase Gatorade brand or Walmart brand powder that can be added to a water bottle easily.
- Volunteers – if you are coming just to volunteer please make sure that you have enough water and electrolyte supplement for yourself as well.
- Make sure that you plan fiber in your meals at least once daily to help prevent abdominal pain and constipation.
- Instruct ALL adolescent females in your club to bring feminine hygiene products with them even if they think they won't need them. Our bodies change in large groups and when traveling.
- Make sure that your club is prepared with minor medical supplies:
  - Band-aids
  - Tylenol
  - Advil
  - Others that you believe might be helpful
- Keep ALL medication in a secure place and instruct only adults to dispense
- IF you have an emergency that you believe requires 9-1-1 Oshkosh Fire Department will be on the grounds from 1100 am to 1100 pm and will respond to 9-1-1 calls. They will respond from their fire station during the remainder of the time
- The medical building will be staffed 24/7 to provide care to any person needing medical attention at the Camporee. (Hours of operation subject to change as we get closer to the event.)
- We are NOT a hospital. We are staffed with physicians, nurse practitioners, physician assistants, nurses, Paramedics, and EMT's. We will provide the care that we are capable of and may refer you to the local Urgent Care or Hospital for more definitive care.
- EVERYONE in your club must complete a medical information form. This includes volunteers, Pathfinders, all adult sponsors, and other family members who may be along.
- If your club has its own form that is acceptable to use otherwise please use the form that is on the website.
- A medical information form must accompany any person who presents to the medical building for treatment.

- You must bring a copy of your personal medical insurance and all clubs are expected to purchase insurance for the event through Risk Management. Information can be obtained on the website.
- Medical teams will be roaming the grounds and at all events. The teams will be on golf carts and will assist with minor first aid/injury needs and/or transport to the medical building as necessary.
  - Please, Please, Please instruct your club to quickly move out of the way to allow for the golf carts and ambulance to safely move through the crowds as they are responding to an emergency. We do not want to create additional emergencies caused by moving vehicles.
- The weather in Wisconsin can quickly change. Please bring clothing for all types of weather:
  - Cold
  - Hot
  - Rainy
  - Humid
  - Muddy
- **BRING TENNIS SHOES!!!** You will be walking miles every day and you need to have shoes that are comfortable and that will not create blisters on your feet. This is NOT a fashion show. Flat dress shoes to wear when in uniform is expected. You do NOT want to wear heels for this much walking.
- If you are on a two-way radio and you hear transmission that starts with “medical” do not interrupt the medical relay conversation until the call is completed.

Come to the 2019 Chosen International Pathfinder Camporee with a positive attitude, an open mind, a willing heart, and spirit of service. We have left a great impression on the community and we want to make it even better in 2019. Come with the intent of having a phenomenal spiritual experience, of meeting new friends, of greeting old friends, and enhancing your relationship with Jesus. On behalf of your medical team, I look forward to serving your medical needs in 2019.

Sincerely,

Pamela Krueger, RN, MSN

Assistant Medical Director