

# ATTENTION!

**Do not go into the field if you are not confident in your current physical condition:**



Take a first aid course with regular updates.

Keep routine check-ups and all vaccinations up to date.



Your blood type and other health information, such as daily medications and drug allergies, should be recorded with your identification documents.



If you use regular medication, carry a copy of the prescription with the generic name and pack at least twice the amount needed for the trip.

Be realistic about your own physical and emotional limits and seek professional help whenever necessary, keeping in mind that assignments may be prolonged, requiring more time away from home.

