

MEDICAL HISTORY FORM

NAME _____ DATE _____

FAMILY PHYSICIAN _____ PHONE # _____

I have Medical Insurance ____ YES ____ NO

Name of insurance company _____

Please provide the following information:

Do you have, or have you ever had, any of the following medical conditions:

ALLERGIES ____ YES ____ NO If yes, please list what you are or have been allergic to, including foods, animals, plants, medicines etc.

Please list all medicine; prescribed and over the counter, you are currently taking, or take on a regular basis for the above allergies.

ASTHMA ____ YES ____ NO Please list all medicine; prescribed and over the counter, you are currently taking, or take on a regular basis for the above asthma.

DIABETES ____ YES ____ NO Are you currently taking insulin or other prescribed medicine for diabetes? Please list all prescribed medicine you are currently taking, or take on a regular basis for the above diabetes.

DIGESTIVE DISORDERS (stomach, colon etc) ____ YES ____ NO What type? _____

Please list all medicine; prescribed and over the counter, you are currently taking, or take on a regular basis for each listed above. _____

EPILEPSY ____ YES ____ NO Please list any prescribed medicines for you are currently taking for epilepsy? _____

HEART CONDITION ___ YES ___ NO If yes, please explain _____

Please list all medicines you are currently taking for all heart conditions. _____

KIDNEY CONDITIONS ___ YES ___ NO If yes, please explain. _____

Please list all prescribed medicine you are currently taking, or take on a regular basis for the above kidney conditions. _____

DO YOU HAVE ANY PHYSICAL IMPAIRMENTS THAT WOULD MAKE THIS TRIP A HARDSHIP FOR YOU GIVEN THE EXTRANORARY CONDITIONS OF THIS TRIP. ___ YES ___ NO If yes, please explain how. _____

Please list all medicine; prescribed and over the counter, you are currently taking, or take on a regular basis for the above physical impairments. _____

ARE YOU CURRENTLY TAKING ANY PRESCRIBED MEDICINE OR OVER THE COUNTER MEDICINE FOR ANY CONDITION NOT LISTED ABOVE? IF YES, PLEASE LIST MEDICINES HERE AND EXPLAIN WHAT THEY ARE TAKEN FOR. _____

DO YOU HAVE ANY OTHER MEDICAL CONDITION NOT MENTIONED ABOVE? IF YES, PLEASE LIST AND DESCRIBE. _____

I hereby certify that this information is an accurate representation of my medical history. Should any changes in this occur, I will notify EPCL immediately. In the event that I need emergency care and I am unable to give my consent at that time, I herby authorize any member of the Equipping People ~Changing Lives mission team to authorize any emergency medical attention that is needed.

SIGNATURE _____ DATE _____

PARENT OR GUARDIAN IF UNDER 18 YEARS OF AGE _____

PARENT NAME _____

CHILD/YOUTH'S NAME _____

Equipping People ~ Changing Lives

Personal Covenant & Liability Release Form

Project: (Location and date) _____

The guidelines below are recommended for those participating in this mission trip. It is important to remember that you are going as a guest of a people group, and you are not a tourist. It is very important to be flexible and be willing to adjust to the expectations of your host.

I, _____, as a volunteer understand and I am aware of the risk associated therewith and voluntarily assume such risks as a volunteer by participating in and aiding Equipping People ~ Changing Lives (EPCL) in rendering service to this project. I recognize and accept the following conditions which will further the usefulness and safety to our short-term volunteer project. When accepted as a member of the EPCL team, I agree to:

1. Release and discharge the organizations and individuals which helped make these arrangements, including EPCL, their agents, employees, officers, and volunteers from all claims, demands, actions, judgments or executions that I have ever had, or now have, or may have, or which my heirs, executors, administrators, or assigns may have or claim to have, against this organization, it's agents, employees, officers, and volunteers and their successors or assigns, for all personal injuries, known or unknown and injuries to property, real or personal, caused by, or arising out of this mission trip. I intend to be legally bound by this statement.
2. Adopt an attitude that I am on this team to try to understand the host culture; not to convince them of my own viewpoint or preference. I know that there are many different ways to accomplish the same objective, and even if my way seems to be the best, I will be flexible enough to accept whatever is best for the completion of the project.
3. Abstain from making derogatory comments or arguments regarding people, politics, sports, religion, race or traditions.
4. Go as a servant volunteer and adopt that attitude when dealing with my fellow team members and the people I meet during the trip.
5. Accept and submit to the leadership role and authority of the team leader and promise to abide by his/her decisions as they concern this trip.
6. Acknowledge that by engaging in the mission trip, I am subjecting myself to certain risks voluntarily, including and in addition to those risks that I normally face in my personal and business life, including but not limited to such things as health hazards due to poor food, water,

diseases, pests, and poor sanitation; potential danger from lack of control over local populations; potential injury while working; and inadequate medical facilities.

7. Understand that our team's work is but a tiny speck on the bigger picture that our fellow partners are trying to accomplish, I promise not to be overly demanding, to do my best not to offend or cause embarrassment for the local host and to do my best to help them attain their long-term goals.

8. Follow up on all requirements for passports, visas, financial obligations, vaccinations and travel insurance.

9. Refrain from meddling, complaining, and obscene or insensitive humor. I realize that others on this team, during the trip and while onsite, will look to me as a personal example and I will not treat that responsibility lightly. I understand that travel, especially to remote locations, can be difficult and I promise to adopt a flexible attitude and be supportive as plans may need to be changed. I understand that I must travel with the rest of the team, unless other prior arrangements are made.

10. Regard the differing styles of worshipping with respect. I promise that where I see the need, I will witness my faith, but without a superior, colonial attitude.

11. If a loved one or a dear friend is traveling with me, we agree to interact with all members of the team, not just one another. I promise not to initiate or seek new romantic relationships with team members during the trip.

12. Avoid any actions which might be perceived as amorous attention toward indigenous people I meet.

13. Refrain from using tobacco or alcoholic beverages and abstain from any illegal drug or prohibited activity while on this trip.

14. Remember we are visitors from another part of the world and will be watched very closely. I will not take lightly this important responsibility of setting an example.

15. Refrain from giving gifts, such as money, clothes, jewelry, tape players, etc. Although the intent of the giver is good, the result after we leave has caused problem for our host and jealousy and bitterness amongst those locals who received no such gifts. If I feel compelled to give a gift to someone I have met, I will consult first with the team leader before I promise or give the gift, and I promise to let him or her make the final decision on this matter. (This covenant does not apply to small tokens of friendship.)

16. Act as a servant volunteer of EPCL, I will respect the advice I am given concerning attire, eating and drinking and other such traditions which will help me to blend into the local community.

17. Understand that every member of this team is to share freely from their particular blessings and talents, whether that is skilled labor or unskilled labor. I agree to participate in these ways as fully as possible.

18. I agree that in the event my conduct is considered so unsatisfactory that it jeopardizes the success of the trip, and that mediation during the trip has failed to correct my behavior, that my services in connection with this mission trip shall end and I shall return home immediately at my own expense.

In signing below I represent that I am 18 years of age or older, or my parent/guardian will sign also; accepting the above conditions on my behalf.

Participant's signature _____ Date _____

If participant is under 18 years of age ,

Parent or legal guardian's legal signature: _____

Participant's name (please print) _____

Address (please print) _____

Daytime phone _____ Evening phone _____

Useful TRAVEL Info

- ✓ CARRY-ON luggage, please pack very carefully. No pocketknives, or any type of sharp items. Follow the 311 rule: 3 ounces only liquids or gels, in 1 quart size clear zip lock bag, and only one per traveler.
- ✓ Take at least 2 copies of your passport – front page. Pack in different locations in luggage.
- ✓ In your carry-on bag pack some healthy munchies to eat, instead of the airline food. You'll find that eating your own food will help eliminate jet lag; crackers, energy bars, granola bars, and similar type snacks.
- ✓ When going through customs in other countries and when returning to the US, be polite and answer only the questions asked. Do not try to carry on a conversation with the custom agents.
- ✓ Always stay with your team. Do NOT wander off by yourself.
- ✓ All luggage needs to be tagged with your name and address. Also place your name and address inside your luggage. This helps if your luggage is lost and all tags have been removed.
- ✓ Pack a small flashlight and extra batteries, a pen, and several trash bags, which has many uses. Also pack several zip-lock type bags, both large and small, for wet clothing, toothbrushes, etc.
- ✓ Pack with plastic bags – prevents wrinkles. Just fold clothing, place in bag and let out excess air.
- ✓ When traveling to tropical locales bring things that dry quickly, even in a humid climate.
- ✓ Take a travel first-aid kit with Band-Aids, Tums, Aspirin, bee sting wipes, etc.
- ✓ When traveling by air, pack in your carry-on a small bag of ginger pieces. You can chew on these when you start to feel airsick or nauseous. They help settle your stomach.
- ✓ Take old T-shirts and clothing for work projects. You can just leave them. This will also free up space in your luggage for the return trip.
- ✓ Lay out all the clothes you would like to have on your trip and then choose HALF of those items to pack and take with you. You'll still have plenty of clothing to wear.
- ✓ Essential items to pack: small, retractable umbrella; prescription medications; Hand-sanitizer (like Purell), clothespins, Insect repellent with DEET; and last but not least ... a full roll of toilet paper (remove cardboard insert) and flatten toilet paper. Take Dental floss. It is not just for teeth, but it can be used to mend torn bags, sew buttons and fix broken sandal straps. It is amazingly strong.

- ✓ Don't forget a few photos of loved ones. It is always nice to see smiling faces of loved ones.
- ✓ Be sure to take along a **bandana**. It can be used to clean up spills, as a washcloth, as a sun block/scarf for your head, a sweatband, a handkerchief, a sling, a tourniquet, and to tie things.
- ✓ The American "wash cloth" is not standard throughout the world ... take one along.
- ✓ Always pack a pair of rubber flip-flop shoes to wear while showering.
- ✓ **Pack DUCT tape**. It can repair just about anything, since it's waterproof and tear proof.
- ✓ Bring maps of your country (and state) with you when you travel. Then when you meet people you can show them where you live.
- ✓ If you are travelling on a long 12-14 hour flight, take a thin beach towel to use as a blanket. Airlines never provide enough blankets.
- ✓ Do not bring expensive jewelry and watches with you!
- ✓ Assume it will be colder or hotter, wetter or drier than it's supposed to be, and pack accordingly.
- ✓ Assume your bags will be misrouted and carry a mini survival kit that. Include a change of clothes, underwear, toiletries, prescription medicines, extra eyeglasses, and sunglasses.
- ✓ Make sure to take an international adapter converter / plug with you when traveling abroad.
- ✓ Carry an extra nylon fold-up suitcase inside your luggage to put purchases in.
- ✓ When traveling with a group, it is wise for **all the** team to tag all luggages with the same color ribbon. You can purchase colored plastic ribbon at most hardware stores. **THIS IS ONE OF THE MOST IMPORTANT THINGS YOU WILL DO**. This seems small and insignificant, but when you are at the baggage claim and the luggage starts coming out on the carousel – you will be very happy to see those matching colored ribbons.