



University of Colorado

Section of Wilderness & Environmental Medicine

School of Medicine

Department of Emergency Medicine

To Researchers and Colleagues,

Congratulations on your trip to the Arctic— we wish you much success!

Please read our brief 'check-list' regarding your health and well-being while you're traveling within the circumpolar north and how we may better support your endeavors:

- In the harsh polar environment, preventing injuries and illness is key. With that in mind, take it easy during your first few days. Let yourself acclimate to the temperature or altitude. If you are injured or sick, report it to your supervisor or medical staff *early*. Typically, when we hear about medical issues early in their course, the solution is often simpler and less disruptive to your work.
- If you wear glasses or contacts, make sure you bring an extra pair.
- If you use any prescription medicines (such as blood pressure pills, an epi-pen or thyroid supplements) make sure you bring them with you. Because of pharmacy dispensing regulations, we are not able to provide prescription medicines in the field setting.
- It's ok to bring your own "emergency" prescriptions for travel or expedition use. This might include a sleep aid for jet lag, a nausea medicine, or an antibiotic. We suggest talking with your own doctor about what to bring for your personal "med kit."
- Each team will be offered a medical kit. The contents of this kit are included for your review. Each medicine has a brief explanation for how it should be used.
- And lastly, if you are having a **medical emergency**, please call us! We have physicians trained in wilderness medicine available at all times by phone: 844.285.4555 or 720.848.2828

Again, we wish you the best of luck with your work.

Warm Regards,

Jay Lemery MD FACEP FAWM

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