University of Colorado
SECTION OF WILDERNESS AND ENVIRONMENTAL MEDICINE
DEPARTMENT OF EMERGENCY MEDICINE

To Researchers and NSF Participants,

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 ahead of time about what to bring for your personal medical 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 have a medical question, please contact us! The following page clarifies how best to reach out depending on your urgency and your question.

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

With warm regards,

Jay Lemery MD FACEP FAWM
Professor of Emergency Medicine,
University of Colorado School of Medicine

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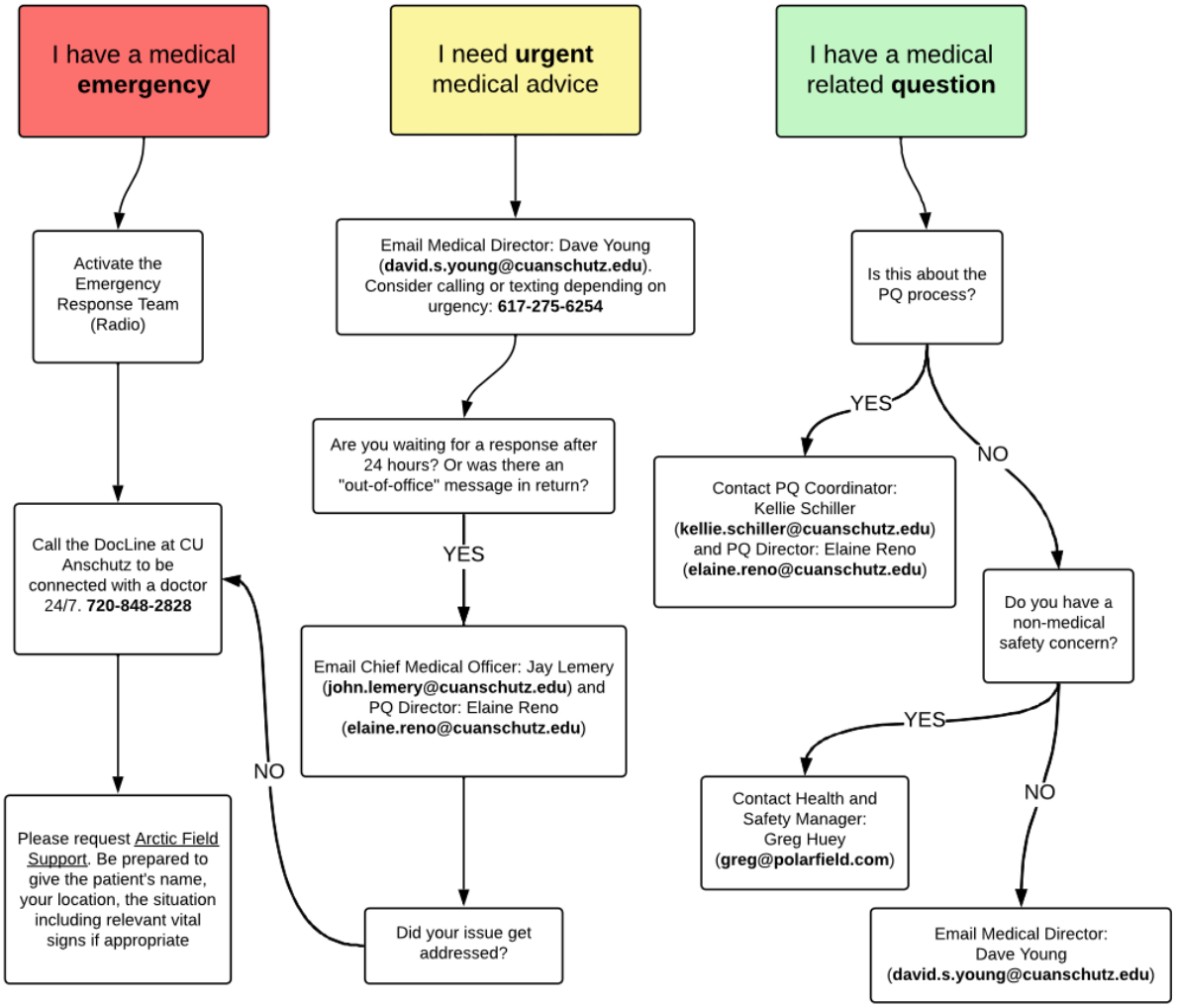
University of Colorado, Anchutz Medical Campus

Telemedicine Support

Summit Station Residents: Please relay all medical issues and concerns through the Station Physician or designated medical provider. All others, follow the flowsheet below.



Please note the time difference as CU Anschutz providers are usually on Mountain Time (GMT -7). We appreciate your patience for non-urgent matters.

Updated 3/2025