



## MEDICAL FORM

We require the following information in the unlikely event that you need to be transported to a hospital and are unable to provide the information yourself at that time. These medical forms are maintained in hard copy during your trip by Mahalo Sailing Captains so that we may send it along with you if medical care is needed. We destroy the document at the end of the trip. All information is held in confidence.

Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_

Family physician or practitioner:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Eve phone: \_\_\_\_\_ Day phone: \_\_\_\_\_

Health Insurance Company: \_\_\_\_\_

Policy ID Number \_\_\_\_\_ Member Number \_\_\_\_\_

Ins Co Phone Number for Doctor \_\_\_\_\_

To help ensure the success of the trip, we need your answers to the following questions. This information is required to ensure your safety and that of your fellow guests. Please make sure your answers are **complete** so that we can help you in the event of an emergency.

1. Do you have any allergies? If so, please list:

2. Do you take any medication that we should be aware of? If so, please list medication(s) and reason(s):

If you take any medications for depression, anxiety or similar conditions, **PLEASE do not stop taking them immediately before or during this trip.** We have had some instances of this and it's not fun for anyone!

3. Do you use a **CPAP** machine? \_\_\_\_\_. **PLEASE BE AWARE THAT NOT ALL BOATS OR OVER NIGHT ACCOMODATIONS HAVE ELECTRICAL CONNECTIONS IN YOUR SLEEPING AREA.** Some (e.g. Whale Camp) do not provide electrical service during the night as their electricity is provided by a generator.

4. Please list any pertinent surgical operations you have had (open heart, artificial knee or hip - for example):

5. Do you, or have you ever had, any of the following:

\_\_\_\_\_ Diabetes

\_\_\_\_\_ Hypertension

\_\_\_\_\_ Heart trouble of any kind

\_\_\_\_\_ Seizures (Petit mal, Grand Mal, or Fébrile)

\_\_\_\_\_ Chronic constipation

\_\_\_\_\_ HIV, AIDS or ARC

\_\_\_\_\_ Hepatitis

\_\_\_\_\_ Colitis

6. Do you use tobacco? **(Not allowed onboard any boat or in any vehicle chartered or operated by Mahalo Sailing)** \_\_\_\_\_

7. Do you snore loudly? \_\_\_\_\_ What do you do to mitigate your snoring? (night guard, Breathrite Strips, other...) \_\_\_\_\_

Even large boats are small in terms of sound at night when people are sleeping. Please be considerate of your trip mates if you snore loudly – there are a variety of things that can help. *Forcing your cabin mate to sleep elsewhere or expecting everyone else to wear earplugs are not appropriate solutions.* Yes, we have actually had people say that those were their solutions.

I certify that the above information is true and complete.

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Sign & Date