

# Overnight trips and camp

## Planning a safe and successful camp.

- ✓ Review asthma action plans and take copies with you.
- ✓ Check that school camp and excursion medical forms are up-to-date.
- ✓ Check the dosage and administration of any medication to be taken on the trip. Ensure it is recorded on your RAM sheet.
- ✓ Identify students who self-administer their asthma medication and ensure they have preventers and relievers with them before leaving.
- ✓ Travel with an asthma emergency kit.
- ✓ Revisit asthma first-aid procedures.
- ✓ Check-in with families and whānau to establish the level of support the child or young person needs to manage their asthma, for example, support or a reminder to use their preventer.
- ✓ Record key cell phone numbers and contacts on your RAM sheet.

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