

# IMPORTANT [People with Allergy, Chronic disease, Injury]

Hokkaido is “ a big country-side” . We are normally away from Medical attentions.  
Please know that it may take more time than in cities, to receive medical treatment.  
Please bring your “**regular medication**” and “**travel insurance**” to your trip.



**H:** general Hospital (illness, accidents etc.)  
**D:** Drugstore (normally 10am to 8pm)  
**F:** Fire station(Ambulance): 119  
♨️: lake Toya hotspirngs

## You cannot participate if you are...

- Pregnant(or may be pregnant)
- During/after illness
- Recovering from injury

## For everyone

- 1. There`s always a next chance.**
  - Please DO NOT push yourself when not feeling good.
  - 0% Cancellation Fee when sick.
- 2. Please tell us WHERE/HOW.**
  - if you carry medicaion for emergencies, please tell us where and how to apply.
- 3. It is your private infromation.**
  - all medical info. will be burnt when tour is safely finished.

## Chronic disease/symptom

- Please tell us if you have any.
- Please bring your medications.
- We will help you when emergency.

## Allergy

- Please tell us if you have any.
- Plaese bring your medication.
- We can help you apply your medication if you need help.

## We can help you

We are trained with following 1st aid;  
- Wilderness Advanced First Aid(WAFA)  
- Medic First Aid Child-care-plus

