

**buildOn** buildOn places the health, safety and security of our Trek volunteers as our number one priority. The following outlines some of the key systems in place to support a positive and safe experience for all participants. Please reach out to buildOn's Trek Director, John Sorek at [john.sorek@buildon.org](mailto:john.sorek@buildon.org) for any questions.

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**Medically Screened Volunteers** - Each volunteer is required to receive an examination by their physician to identify any health concerns that buildOn may not be able to accommodate on Trek. If an illness or injury is identified, the condition will be evaluated, and buildOn will work with you and your doctor to develop an action plan if possible. This appointment is documented on the buildOn Medical Form.

**International SOS Membership**– ISOS is "the world's leading medical and security services company". They provide 24/7 surveillance of potential medical and security threats in all buildOn countries, in addition to providing pre-Trek support assistance and coordination and treatment support in the event of a medical or political evacuation.

**International Health Insurance** – All volunteers are covered by our International Health Insurance Policy sponsored by Cigna Global and coordinated by University Health Plans for the duration of the Trek. Our policy covers medical treatment and evacuation, as well as political evacuation support while outside your home country (not including the US). Coverage does not continue in the US; all volunteers are required to have a home health insurance plan to go on Trek. Additionally, our policy includes coverage for lodging, up to 14 days, in the event of a COVID-related quarantine.

**Certified Wilderness First Responder Trek Leaders** - All buildOn Treks are led by a US based Trek Lead certified as a Wilderness First Responder (WFR). WFR "is the definitive wilderness course in medical training, leadership, and critical thinking for outdoor, low-resource, and remote professionals and leaders." ([wildmed.com](http://wildmed.com))

**Advanced First Aid Kit** - Each Trek Leader/Manager carries an advanced first aid bag to manage the illness and injuries that commonly occur on Trek.

**Katadyn Expedition Water Filter** – All non-bottled drinking water on Trek is filtered using the top performing, hand-operated Katadyn Expedition water filter. For more information, see [www.katadyn.com](http://www.katadyn.com).

**Emergency Vehicle** - A dedicated emergency driver and vehicle are stationed in the village to provide evacuation support in the event of an emergency.

**US Embassy Registration** - Each team is registered with the US Embassy in their Trek country allowing the Embassy to provide assistance if needed and gives them the ability to contact the team in the event of an emergency.

**Telecommunications** - Each Trek Leader/Manager carries a cellular telephone that works in the country and in the community. In the event of poor cell reception, Satellite communication devices are on hand which allows them to keep in contact with support staff and ISOS at all times.

**Experienced Local Staff** - buildOn's In-country Staff are host country nationals and have extensive knowledge of the country and working in a remote environment. In-country staff provide important safety and security information on the ground, and prepare and support the entire in-country Trek experience.

**On-call US Staff Person** – Every buildOn Trek is assigned a buildOn On-call staff person who conducts regularly scheduled check-ins with the Trek Leader/Manager and assists with logistics as needed.