



## MEDICAL CERTIFICATE REQUIRED

### PART 1: TO BE COMPLETED BY TRIP MEMBERS

TRIP MEMBER'S NAME: \_\_\_\_\_

TOUR NAME & CODE: \_\_\_\_\_ Trip Duration \_\_\_\_\_

TRIP DESTINATION: \_\_\_\_\_

**YES NO** (Please explain any "YES" answers on the separate sheets)

\_\_\_ \_\_\_ 1. Do you have any significant medical illnesses which have required the regular care of a doctor? Please explain.

\_\_\_ \_\_\_ 2. Do you have any allergies or have you had any bad reactions to any drugs. Which ones and what effect?

\_\_\_ \_\_\_ 3. Have you been hospitalized in the past 5 years? What for?

\_\_\_ \_\_\_ 4. Do you take any medications regularly? Please list them.

\_\_\_ \_\_\_ 5. Do you have or have you ever been told by a doctor that you had:

epilepsy, diabetes, high blood pressure, asthma or lung cancer, ulcers or stomach trouble, heart disease, any significant foot, leg or back problems, any other diseases or conditions? Please explain.

**PART 2: TO BE REVIEWED AND SIGNED BY: \_\_\_ TRIP MEMBER (OR) \_\_\_ PHYSICIAN**

**Doctor's signature is required for strenuous, high altitude and/or trips to remote areas. For standard tours, passengers can accept responsibility and sign the forms themselves.**

The above named trip member's, age \_\_\_, has been examined by me on \_\_\_\_\_ and was found to be physically qualified to participate in an Gateway to Asia trip (see itinerary) which may include some or all of the conditions below:

\_\_\_ Light activity (sightseeing at altitudes above 11000 ft)

\_\_\_ Bicycling 1-5 hours a day

\_\_\_ Trips of a 2-4 week duration in remote areas

\_\_\_ Strenuous hiking or biking, averaging 4-6 hours per day of sustained activity, carrying light to heavy loads (not involving any technical climbing)

### NOTE:

- Medical facilities on any trip *may not be available*.
- There will be *no trip physician*.

### For Trip Member

Signature: \_\_\_\_\_

Print Name \_\_\_\_\_ Date: \_\_\_\_\_

Address \_\_\_\_\_



**For Physician**

Signature:

\_\_\_\_\_

Print Name

Date: \_\_\_\_\_

Address \_\_\_\_\_