

Wilderness Travel Medical Form

Name _____ Trip _____

Trip Date _____ Trip Level _____ (see explanation of Trip Levels on reverse)

TO BE COMPLETED BY ALL TRIP MEMBERS:

Each trip member must fill out our basic medical questionnaire. Please include any pertinent details in the space below or attach them on a separate sheet. Your signed and completed form is required for you to participate in the trip **(with your physician's signature if applicable; please see below)**.

YES NO Please explain any "Yes" answers in detail.

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have, or have you ever been told by a doctor that you had: epilepsy, high blood pressure, heart or lung disease, heart murmur or pacemaker, asthma, colitis or intestinal trouble, ulcers or stomach trouble, diabetes, any significant back, foot, hip, or leg problems, or any other disease or condition? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have, or have you had, any significant illness requiring the regular care of a doctor? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you take medications regularly? Which ones and for what condition? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have any allergies or allergic reactions to drugs? Which ones, and what is the effect? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you been hospitalized in the last five years? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is there anything else we should know about your health or ability to participate in the trip? |

Remarks:

Signature of Participant _____ Date _____

WE REQUIRE YOUR PHYSICIAN'S APPROVAL IF:

**YOU ARE AGE 70 OR OLDER
AT THE TIME OF TRAVEL**

OR

**YOU ARE JOINING ANY TRIP
LEVEL 5 OR HIGHER**

Physician's Approval:

Dear Physician: Please read the detailed itinerary for this trip and review the Trip Level section on the reverse. Note that emergency medical facilities may not be available on the trip and physicians do not accompany our groups. Make any qualifying comments in the space below or attach a separate sheet.

Remarks:

Signature of Physician _____ **Date** _____

Name and Address of Physician _____

WT Review: Initials _____ Date: _____

Wilderness Travel Trip Levels

Our Trip Level system ranks each trip from 1 to 7 according to the degree of activity and general travel rigors (1 is the easiest and 7 the most expeditionary in style). The Detailed Daily Itinerary for each trip goes into further detail.

1 Easiest: Non-camping journeys, optional hikes, little elevation gain or loss. Boat-based trips require sufficient mobility for getting in and out of Zodiacs. Example: *Galápagos cruises, Land of the Czars, North Africa's Mediterranean Coast.*

2 Easy to Moderate: Hotel nights and/or deluxe, safari-style camping, hikes of two to four hours on some days. Other physical activities are sometimes included, such as sea kayaking or camel riding (optional on some trips). Example: African safaris, *Royal Rajasthan, Empires of the Sun, Wild Tasmania, Hidden Glacier Bay.*

3 Moderate: Full-day hikes (4 to 6 hours) most days, rolling countryside, occasional steep trails. Many of our hotel-based country walking tours are in this category. Other physical activities are sometimes included, such as sea kayaking and snorkeling. Example: *Medieval Hilltowns of Tuscany, Pilgrim's Way, Palau Sea Kayaking.* Some trips with minimal hiking but rugged travel conditions, such as *Heart of Mongolia*, and *Magical Tibet*, are also rated 3.

4 Moderate to Strenuous: Full-day hikes (4 to 6 hours), mountainous terrain. Significant elevation gains and losses (hiking up or down 2,000-3,000 feet) on most hikes. Altitudes no greater than about 10,000 feet. Examples: *In Patagonia, Annapurna Adventure*, and many European hiking trips like *Across the Pyrenees, England Coast to Coast (4+), Great Alpine Traverse (4+).*

5 Strenuous: Full-day hikes, mountainous terrain, steep ups and downs (as in 4). Trips with hiking at average altitudes of 10,000 to 12,000 feet are in this category, as well as certain sea kayaking expeditions with rugged conditions. Examples: *Everest Adventure, Inca Trail to Machu Picchu.*

6 Very Strenuous: Full-day hikes, mountainous terrain, steep ups and downs (as in 4). Most hikes take place at altitudes above 12,000 feet, sometimes as high as 17,500 feet. Example: *Ultimate Everest, Choquequirao to Machu Picchu.*

7 Most Strenuous: Full-day hikes in mountainous terrain, camping and hiking at extreme altitudes (above 17,500 feet). Example: *Serengeti & Kilimanjaro Climb.*

j:market/misc/docs



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