

**Nepal Trek Health and Fitness Questionnaire**

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**Mail form to: Fehrunnisa Moore 1407 Escalona Dr., Santa Cruz, CA 95060**

**(831) 212-2690**

**Name:**

**Medical History:**

**Ever had or been told by a doctor you had:**

|  |  |  |
| --- | --- | --- |
| ❒ Epilepsy | ❒ Immunodeficiency disease | ❒ Diabetes |
| ❒ High Blood Pressure | ❒ Altitude sickness | ❒ Dizziness or vertigo |
| ❒ Kidney disease | ❒ Anemia | ❒ Sleep apnea |

**Ever had (what and when):**

❒ Hip, knee, leg or ankle problems or surgery:

❒ Heart disease, heart problems, or pacemaker:

❒ Lung disease, asthma or shortness of breath:

❒ Significant back or neck problems:

❒ Ulcers, colitis, stomach or intestinal problems:

❒ Any other significant illness or condition we should know about:

**Illnesses in the last year**:

**Surgery or hospitalized in the last 5 years**:

**Allergies or allergic reactions to drugs (which, and what effect)**:

**Current medications (what, and for what condition)**:

**Medical insurance company and policy number**:

**In case of emergency, notify**: **Phone**:

**Current Fitness**

**Height**: **Weight**:

**Describe your hiking, backpacking, or trekking experience in the last few years**:

**Describe your average current weekly exercise routine**:

**How long would it take you today to walk or run 3 miles?** **6 miles?**

**Future Fitness**

**We *strongly* recommend:**

**❒ You do some cardiovascular exercise for over 30 minutes, 4 days per week prior to the trip.**

**❒ You spend one or more hours per weekend hiking, biking, or running prior to the trip.**

**❒ You take several multi-hour hikes at an attitude over 5,000 ft. prior to the trip (if possible).**

**❒ You have a physical and meet with your doctor about your physical condition prior to the trip.**

**How much time per week can you realistically spend doing some form of cardiovascular exercise prior to the trip?**

**Will you need any additional fitness training guidance from us? \_\_\_\_\_\_\_\_\_**

**Risk**

**Trekking is strenuous- not technical, but strenuous.**

**The unexpected can happen. Accidents and death are possible.**

**We’re not doctors and we will be trekking in rural areas that are *without* medical facilities. There are medical facilities in Kathmandu and access to pharmacies in both Kathmandu and Pokhara. We will bring some medical supplies – but please bring whatever you might potentially need.**

 **Please initial here to confirm that you have an understanding of this risk. \_\_\_\_\_\_\_\_\_**