

If for some reason you believe you may not meet the requirements outlined in this form we recommend that you visit your medical practitioner prior to making your deposit payment as in some cases we may not be able to refund your deposit (in part or full) if you are consequently deemed not fit to travel by your medical practitioner.

Dear Traveller

Our walking and all activity based trips require at least a good walking fitness and good health in order to join the trip. The walking distances or details of physical activity are detailed by our day to day itineraries. It is essential that you carefully read the itinerary to self-assess that you will meet the fitness requirements to meet the demands of this trip.

Preparation for Active Trips: 30 minutes of aerobic exercise three times a week for 3 months prior to your trip. Most of our trips require that you walk with a day pack with your needs for the day (up to 7kg as a guide).

You must meet these minimum requirements below:

- ✓ Walk between 5-15km at a reasonable pace on any given day (breaks included along the way)
- ✓ Have the endurance to walk for a number of consecutive days e.g 3 days or more
- ✓ Climb stairs and ascend hills, including on uneven surfaces, with ease
- ✓ Carry your own backpack (up to 7kg) for duration of walking distances

Self Complete: All participants must self-complete the questions below. You must include all medical information and/or special needs. We share this medical profile with your group leader.

1. Raised blood pressure? Y / N
2. Joint or mobility problems in last 12 months? Y / N
3. Heart or circulatory disease? Y / N
4. Chest / lung disease?? Y / N
5. Diabetes? Y / N
6. Epilepsy / neurological problem/s Y / N
7. Digestive or bowel disorders?? Y / N
8. Asthma? Y / N
9. Surgical operation in the last 12 months? Y / N
10. History of mental// emotional instability? Y / N
11. Are you pregnant? Y / N
12. Any other medical issues/problems? Y / N

13. Any allergies ? Y / N details:

14. Are you taking any medication ? Y / N details:

Shoe Size:

Required for Great Ocean Rd & Kangaroo Island

Detail anything else below:

Please rate your walking fitness level:

reasonable / average / good / excellent (circle)

As a guide, reasonable fitness is defined as ability to walk 3-4 hours and average is 5-6 hours, with a day pack with only short breaks.

I, (NAME)..... confirm that the information provided is true and accurate and agree to it being shared with the group leader and tour operator personnel. I confirm that Encounter Travel will bear no liability should a medical matter arise that I have disclosed or not disclosed on my medical form and that I shall be financially responsible for any consequent medical expenses. I also confirm that for my medical conditions listed above (if applicable) do not impact my fitness and ability to participate in the holiday. I have read the itinerary in full and understand the level of fitness required to participate in the holiday.

Passenger Name: _____

Passenger Signature: _____

Holiday Name: _____

Travel Dates: _____

Your Mobile Tel: _____

Date Signed: _____