



*CONFIDENTIAL MEDICAL FORM *

Name of Trek- _____

Date of Trek ___/___/_____

Name _____

Age _____

PART ONE (To be completed by participant)

Uttarakhand Trip Trek take place in some remote and less developed regions, without means of rapid evacuation, or medical supplies and facilities. In the event of an accident, illness, or injury an evacuation will be slow and uncertain as these trips take place in mountainous, high altitude, or other hazardous terrain. Common and uncommon signs and symptoms of altitude sickness should be expected. These include, but are not limited to : sleeplessness, coughing, loss of appetite, nausea, vomiting, and muscle cramps. Severe cases of altitude sickness can include pulmonary and or cerebral oedema. In addition, exposure to microorganisms unknown to our digestive system may cause symptoms from a wide array of gastrointestinal disorders despite the best efforts to treat drinking water and prepare food properly. A poor state of health can greatly increase the dangers and risks that can be incurred on these trips. Therefore, Uttarakhand Trip Trek requires that all climbers and or trekker are examined by a physician, are properly immunized for the destination (s), and provide the part II information.

Place :

Date :

Signature

PART TWO DISCLAIMER AND DECLARATION

The _____ Trek/Expedition route in the Himalayas has its shar of risks and dangers, especially in respect to the terrain, weather, high altitude, and desolate nature.

Accidents on this trek can cause one to get injure, fall ill, and death too cannot be ruled out.

I Hereby declare that my participation in this trek is completely voluntary, and I am fully aware of the risks involved. I will not hold Uttarakhand Trip Trek Tour wholly or partly responsible in case any accident, illness, injury, or death on the trek.

Place :

Date :

Signature and Name of the Participant

Emergency contact Information

Name of emergency contact (Family member Only)

Phone number of Emergency contact:

Relation with Emergency contact: -