

Health Questionnaire – Trek8848

Name:

Age:

Height:

Weight:

Emergency Contact Details:

(name, relationship, telephone number – including country code)

The purpose of the Health questionnaire is to ensure your safety. As experienced expedition leaders and health care professionals, there are some medical conditions that Rob & Kev need to know about. Rarely, some pre-existing health conditions might make a trip to the Everest Region un-safe. Therefore, if we have any doubt about your safety, we will contact you to discuss things on a one-to-one basis, before making any final decisions. Trek8848 has to reserve the right to decline an application where necessary.

Please fill in the form honestly and completely. Don't worry if you answer yes to any of these questions as it does not signify that you cannot come. Please place a X in the signature box to confirm that your statements below are true. We can assure you that the information that you supply will remain confidential and will not be discussed with other participants or be released to any other parties.

1. Do you have any allergies? Yes No
2. Are you taking any medications? Please include regular and as required medications, inhaler use and the use of the oral contraceptive pill. Yes or No Any substance dependence, including street drugs or alcohol? Yes No
3. Have you ever had a psychiatric illness (including depression, bipolar disorder, psychosis, personality disorder)? Yes No
4. Have you ever had a problem with your heart (including angina, heart attacks)? Yes No
5. Have you ever had a problem with your lungs (including asthma, COPD, Pulmonary Embolism)?
Yes No
6. Have you ever had a problem with bleeding or clotting (including Deep Vein Thrombosis, haemophilia)? Yes No
7. Are you diabetic? Yes No
8. Are you pregnant? Yes No
9. Do you have any other significant health problems or medical conditions? Yes No
10. In the last year, have you been admitted to the hospital? Yes No

Signature