



Medical Certificate / Traveler's Profile

Return this form to Southwind Adventures (SWA) as soon as possible (no later than 60 days prior to departure)

For your **safety** and that of your fellow travelers, good overall health and physical fitness are prerequisites for participating in any tour with Southwind Adventures. Travelers who are not in good health or who have serious, chronic medical conditions can create potentially dangerous situations by their presence on a trip. Participants should review our **Trip Ratings** indicated below and **Trip Categories** as described on SWA website (www.southwindadventures.com/ratings.htm) and answer the questions below, listing any notable health conditions. On some trips you may encounter conditions listed for more than one rating, in which case the trip is rated according to the difficulty of the majority of activities.

A physician's signature is required if you are participating in a Grade III or IV trip AND you meet the following conditions:

- A "yes" answer to any of the first three questions of Part 1 below
- If you are age 70 or older

Traveler's Name: _____ **Occupation:** _____

Trip: _____ **Rating:** _____

Trip Rating Descriptions:

Grade I - Easy/Moderate: Could involve travel over dirt/rough roads and visits to regions where modern medical facilities may not be readily available. Easy, slow-paced activities such as sightseeing, walking tours of 1-4 hours duration or motorized boat/canoe excursions are included. Elevations are generally below 11,000'. Good health is necessary.

Grade II - Moderate: Might include extensive overland travel on dirt roads, boat or motorized canoe excursions, moderate day hikes, river rafting (class II-III rapids) or other outdoor pursuits of 3-6 hours duration. Some trips in this grade may include 1-3 nights tent camping. Elevations up to 13,000' can be reached. Average fitness is required.

Grade III - Moderate/Strenuous: Indicates an activity-oriented adventure involving up to 6 nights tent camping. Treks average 6-9 miles per day over diverse terrain; rafting is class III-IV rapids; biking averages 20-30 miles per day. Altitudes near 13,000' are common while elevations as high as 15,000' may be reached. Good fitness is required. Prior experience is recommended.

Grade IV - Strenuous: Signifies a challenging adventure with activities including up to 14 nights tent camping. Treks average up to 10 miles per day; whitewater rafting through class IV-V rapids; biking averages 30-40 miles per day. Altitudes up to 17,000' are frequent in trekking programs. Requires very good fitness and stamina. Prior experience is highly recommended.

PART I Questions:

MUST be completed by all travelers. Please explain all "yes" answers (use a separate page if necessary).

1) YES NO Do you have or have you ever been told by a doctor that you have diabetes, epilepsy, high blood pressure, heart disease, asthma or lung disease, ulcerative colitis or ulcers, any significant back, foot or leg problems, or any other diseases or conditions that could affect your participation?

2) YES NO Do you have any significant illnesses which require regular care of a doctor bi-monthly or more frequently?

3) YES NO Have you been hospitalized in the past 2 years? What for?

4) YES NO Do you have any emotional or behavioral disorders (including phobias)?

5) YES NO Do you take medication regularly? Which ones and what for?

6) YES NO Do you have any allergies including allergic reactions to any drugs? Which ones and what effect?

SWA would like to have your regular physician's email and telephone number (or the examining physician if signature is required) as a contact in event of a medical emergency and/or to discuss any health conditions related to your participation.

Name of physician: _____

Email: _____ Tel: _____

Physician's Signature: (see first page to know if this is required)

Physician: Please read the Trip Rating Description corresponding to the tour the traveler is participating in and complete below. Please contact Southwind Adventures if you have any questions.

I have read and understand the conditions which the traveler may encounter by participating in the trip mentioned above. The traveler was examined by me on (date) _____, and was found to be physically qualified and in sufficient good health to participate in the Southwind Adventures trip with level of difficulty indicated on this form.

Signature of examining physician: _____

Please indicate any comments or qualifying statements regarding the overall health of the traveler:

PART II

Traveler's Profile:

Outdoor Experience	None	Basic	Moderate	Advanced
Hiking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Camping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rafting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Biking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Any diet restrictions or food allergies? If vegetarian, please explain your needs (i.e. if you eat chicken or fish on occasion).

Special interests - what leisure activities do you enjoy? _____

If participating in a Class III or IV adventure, briefly describe relevant experience: _____

Have you been to Latin America before, if so, where did you go? _____

What are your expectations regarding this trip? Additional Comments? _____

To the best of my knowledge, the above statements are true and accurate.

Traveler's Signature: _____ **Date:** ____ / ____ / ____
(Parent or legal guardian must sign for travelers under 18 years of age)