



MEDICAL CERTIFICATE

(To be filled in by a registered MBBS practitioner only)

Participant's name	Age	Weight	Height	BMI	Sex

Medical Problem	Yes/No	Any Precaution/Notes
Respiration problem		
Hypertension		
Asthma		
Diabetic		
Any previous injury/accident		
Any infectious disorder		
Any previous illness		
Any operation undergone		
Any history of Epilepsy		
Any history of taking chronic drugs		
Any known allergy to drugs and food		

Blood group : _____

Blood pressure reading : _____

If there is any other information related to your health that would be useful to us in the case of emergencies, please mention them

I have medically examined Mr /Ms _____ on (Date) _____ and found him/her fit to undergo a trekking expedition in the high altitudes of Himalayas. As per history and clinical examination he/she is not suffering from any chronic disease or any other ailment that can be a deterrent to a trekking expedition.

Name of Dr. _____ Registration No. _____

Signature and Seal

*This document has to be printed, filled in, signed and handed over to the **camp leader** at the base camp.



No objection certificate

(to be filled by participants/by parent if participant is <18 yr.)

I, _____, hereby declare that my participation in this trek is completely voluntary, and I am fully aware of the risks involved. The above mention information is correct and authentic. I do hereby release and forever discharge from all claims, demands, actions or cause of action arising out of damage, serious physical injuries and fatal accidents to myself while participating in the adventure event. I will not hold Kailashrath Treks wholly or partly responsible in case of any accident, illness, injury or death on the trek.

I also acknowledge to the rules and regulations of the company and the base camp. I promise to abide by them accordingly.

Signature of Participant :

Date :

Emergency Contact Information

Name of family member :

Relationship with emergency contact:

Mobile number of emergency contact:

*This document has to be printed, filled in, signed and handed over to the **camp leader** at the base camp.