

Please have your Physician review and sign this form. Please return this form to us no later than 30 days before trip departure.

** Note: We recommend that you have proof of Yellow Fever inoculation. It is officially required in some areas in South America. You should be aware that there is a 10 to 15 day period before the inoculation becomes fully effective.*

Please contact your physician or travel clinic for the most up-to-date health requirements. Contact your local embassy or consulate for the most up-to-date visa requirements.

IT IS YOUR RESPONSIBILITY TO HAVE THE CORRECT TRAVEL DOCUMENTATION AND INOCULATIONS.

Take your International Vaccination Certificate to your physician or to the nearest public health clinic to update your protection against typhoid, polio, measles, and diphtheria/tetanus. We also recommend:

1. That you know your blood type (or group)
2. Have a dental exam before departing your home country
3. That you communicate any pre-existing health conditions with us at the time of booking.

Waiver

I, (Please print name) _____ will be participating in an adventure tour organized by Eco-Librium Sustainable Adventures. This tour will involve many activities that require participants to be medically fit.

I, (Physician's name) _____ believe her/him to be medically fit for an adventure tour in a developing country where unforeseeable conditions may arise.

Activities

Please place a checkmark for all activities that apply:

- Walking on uneven terrain
- Hiking up and down uneven stairs
- White water rafting
- Activities at high altitude
- Extreme humidity and heat
- Multi day trekking
- Multi day trekking at high altitudes
- Multi day cruise with day trips on smaller boats
- Water sports

Additional Resources

Links to additional travel resources:

World Health Organization: www.who.int

Canadian offices abroad: <http://www.international.gc.ca/ciw-cdm/embassies-ambassades.aspx?view=d>