



THE
moving mountains
PROJECT

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WALK PARTICIPANT'S MEDICAL FORM

Please read this form and take it to your doctor to discuss the contents at least 8 weeks before your departure date. It is preferable to see a travel doctor or a doctor with experience in travel, tropical and altitude medicine. Listed below are travel networks which have national and international clinics.

- Hobart TMA, tel: (03) 62237577, 270 Sandy Bay Road, Sandy Bay
- Australian TMA clinics www.travelmedicine.com.au
- International Travel clinics www.istm.org
- UK Travel clinics www.masta-travel-health.com
- USA Travel clinic www.astmh.org/publications/clinics.cfm

The aim of this form is to ensure the safety of the participant by assessing suitability for the trek, discussing fitness and training, maximising understanding of the risks and providing guidance on recommended vaccinations and medications. It is not intended to be an exhaustive list of what should be discussed nor is it a formal medical requiring the release of medical information.

The following websites are useful resources for up to date information about country safety, recommended vaccines and precautions to take.

- DFAT smart traveller www.smarttraveller.gov.au
- Fit for travel www.fitfortravel.scot.nhs.uk
- CDC Yellow book wwwn.cdc.gov/travel/contentYellowBook.aspx
- International Institute of Mountain Medicine www.ismmed.org

Physical and mental fitness

Participants require a good level of physical and mental fitness. They should be capable of walking:

- up to 8 hours a day,
- up steep inclines and steps (no technical climbing)
- for multiple days back to back
- at high to very high altitude

All participants are encouraged to participate in regular high-intensity cardiovascular activity in at least the 4 months preceding the trek. This means

running, swimming, bike riding or other high intensity aerobic workout for an hour, a minimum of 4 times a week. Participants should also have previously undertaken multiple day walking trips carrying a backpack.

Nepal - Annapurna area

- Length: 8-10 days' walking, total distance approx 130km, approx 15km/day
- Maximum altitude 4500m Khayer Lake
- Days at altitude include 2-3 days above 3000m and one (optional) day reaching 4500m and returning to 3660m to sleep.
- Temperature Range varies from tropical heat (up to 30 degrees C) in Kathmandu and Pokhara, and the lower valleys of the Annapurna area to very cold (-10 degrees C) at altitude
- Physical impact: moderate. Participants need to carry 10-15 kg, porters available for extra weight
- Culture shock: moderate, guesthouses, home stays, no camping, local guide

Peru - The Cordillera Huayhuash.

- Length: 12-14 days' walking, distance 170km, average distance per day: 15km
- Maximum altitude: 5050m
- All days but one are at altitude above 3000m, the route climbs from 3600 to 4500m in one day, 11 days sleeping above 4000m and a highest pass of 5050m. Very high altitude.
- Physical impact: moderate. Participants need to carry 6-8kgs, donkeys carry remaining gear
- Temperature: warm and generally dry (to 22 degrees C) to very cold (-15 degrees C) at altitude at night
- Culture shock - moderate, mostly camping

Topics to discuss with the doctor

Pre-existing illness

Participants need to review their current and past medical problems, medications and allergies with a doctor. This review includes especially the ability to complete a multi-day trek, with a backpack carrying some weight at high to very high altitude, in an isolated environment. Participants over the age of 40 yrs may be asked to complete an exercise stress test before the form is signed

Travel topics and risks

- Food and water hygiene
- Travel illness including gastro
- Trekking injury – blisters, sprains, grazes, bites
- Altitude: what to expect, what is safe and when to be worried
- Culture shock
- Isolation and medical services access

- Hypothermia prevention and management

Isolation and access to medical services

These treks are isolated and have limited access to medical services. Participants need to be aware of this and what it means to them as far as medical supplies and access. Participants must have comprehensive travel medical insurance especially for evacuation and repatriation. The following is a summary of the medical support for the treks:

- There is no doctor on these treks
- The trip organiser has basic training in wilderness first aid (Wilderness Medical Institute)
- All personal medications need to be prescribed before the trip, and are the responsibility of the individual
- In an emergency a doctor can be contacted by satellite phone for administration of medications or advice. This is only on the Nepal trek.
- Evacuation
 - Nepal: a satellite phone is carried, evacuation by helicopter or foot may take several days and depends on availability, weather and the decision of participant's travel insurance company.
 - Peru: The evacuation from this trip is by horse and can take several days at the point of maximal isolation.

DOCTOR'S MEDICAL FORM FOR MOVING MOUNTAINS PROJECT WALK PARTICIPANTS

Dear Doctor

Thank you for seeing a potential participant in one of the Moving Mountains Project's walks. This organization conducts treks in off-the-beaten-track parts of Nepal and Peru and donates profits to education-based development projects there. The participant has made an appointment with you today to discuss their suitability one of these treks, the medical risks involved, recommended vaccinations and medications. The form has been prepared by the doctors at the TMA Clinic, Hobart, Tasmania, to assist in these discussions.

Fitness and pre-existing illness

- Participants will be walking up to 8 hrs a day, up steep inclines and steps (no technical climbing) and will be undertaking multiple days of walking back to back at high to very high altitudes and in isolated conditions with difficult evacuation.
- **Participants over the age of 50 yrs with any cardiovascular risk factors need to pass a exercise stress test before this form is signed**

Vaccinations

- Completion of childhood vaccinations including tetanus, polio,
- Tetanus, Polio booster (Nepal), Hep A, Hep B, Typhoid
- Rabies vaccination discussion. Due to isolation, access to post bite vaccination may take greater than 48 hrs
- Yellow fever vaccination (Peru)

Medical supplies

- Participants must bring with them on the trip all their regular medications
 - Participants are required to bring a personal travel medical kit containing: Norfloxacin (antibiotic), Loperamide (stopper), and Stemetil (anti-nausea), Azithromicin (additional antibiotic, Nepal - due to high resistance to Norfloxacin), Diamox (to counter effects of altitude) 125mg BD, and metronidazole medication such as Flagyl to treat giardiasis. An allergy medication is also recommended.
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For the participant:

I have read and understood the information included in the Moving Mountains Project walks medical form and I am happy that I have the level of fitness required, I am aware of the potential medical risks, I have completed the recommended vaccinations and I am equipped with the appropriate medications and medical supplies

Participant's Signature:**Participant's Name****Date:****For the doctor:**

I have read and understood the information included in the Moving Mountains Project walks medical form and I am happy the participant has the fitness required, they are aware of the potential medical risks of taking part in such a walk, they have completed the recommended vaccinations and are equipped with the appropriate medications and medical supplies

Doctor's Signature:**Doctors Name:****Date:****Stamp:**