Fit to Travel Form  Ensuring your chosen tour is the right one for you

The following questionnaire aims to assess whether the tour you have chosen is suitable for you and to ensure that you are fully aware of the style of travel involved. If need be, we can make small changes to your chosen tour or offer you a tailor-made tour to ensure you get the most from your holiday. Many of the countries we travel to do not make concessions for those with impaired mobility. Often there are no disabled facilities or access, and pavements, if any, are often uneven.

Therefore, before we can confirm your booking with us, please take the time to ascertain that you are fit, willing and able to complete all the arrangements set out in the itinerary of your tour. For all our group tours, detailed notes on all tour arrangements and activities can be found in your tour Go Guide, available from our website. If you are considering a private tailor-made itinerary, please ensure that the arrangements made are suitable for you.

Typically a Group Tour requires travellers to:

- Have a moderate level of fitness and an ability to walk several kilometres throughout the day at a moderate pace with the group
- An easy-going and fun loving nature. Typically our group tour passengers are of the 20 – 60 years of age range
- Be able to live without creature comforts at times, such as sleeping on board a felucca, climbing to the top bunk bed on a sleeper train, climbing a flight or two of stairs when visiting temples or to carry your own luggage at train station stairs between platforms.

**IMPORTANT NOTE:** It is your responsibility to disclose any pre-existing medical conditions &/or disability you may have.

Once you have completed this questionnaire, please return it to your On The Go Tours consultant or Travel Agent prior to or at the time of confirmation of your holiday with us. At this time we may required additional information or request you to obtain an opinion/document from your medical practitioner confirming your suitability to travel on your chosen tour.

Thank you in advance for taking the time to complete our questionnaire, we look forward to welcoming you on holiday with us shortly.

Your Full Name: _____________________________________  Date of Birth: ______/_____/______

**GENERAL HEALTH:**

1. Are you currently being treated by a doctor?  **Please circle.**

   Have you suffered or had any major surgery/illnesses in the last 10 years? If yes please specify details

   YES  NO

2. Do you have any allergies or are you taking any medication that we should be aware of?  **Please circle.**

   If yes, please specify; Medication - what it is & what is it for? What treatment is required if you become ill?

   YES  NO
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3. Do you have any of the following medical conditions?
   **Please circle:** High blood pressure, heart disease, asthma, diabetes-1 or 2, epilepsy, depression, anxiety, mental health concerns, leg, hip or joint problems, mobility impairment, or any other condition we should be aware of? please specify:

   Please answer the below questions ONLY if you have advised us of any medical conditions above, otherwise please go directly to the “On Tour” section below.

   Do you have any special requirements i.e.: refrigeration for medication/electric supply etc? Please detail:  
   YES  NO

   Does your condition affect your mobility? Does it impact upon your daily life? If yes, how so? And do you have any special requirements?

   YES  NO

   - Does your travel insurance specifically cover you for your pre-existing illnesses/conditions?
     YES  NO
   - If no, are you aware that you will be fully liable for all costs, should any illness or existing medical condition require attention whilst on holiday?
     YES  NO
   - If travelling on a group tour, have you considered the optional Bolton upgrades available to you or alternatively a premium group tour? Have you considered one of our customised private itineraries?
     N/A  YES  NO

   **ON TOUR:**
   - Are you able to walk at any one time 1-2km unaided; and if travelling on a group tour, maintain the pace of the group throughout the day?
     YES  NO
   - Are you able to walk a distance of 5km within a day?
     YES  NO
   - Are you able to undertake an overnight sit-up bus or train journey (possibly with a climb to a top bunk bed) or walk a gang plank onto a boat without assistance?
     YES  NO
   - Porters are not standard on our tours; are you able to carry all of your own luggage?
     YES  NO
   - Are you able to swim & keep yourself afloat for 5mins until help arrives (if partaking in a boat trip)?
     YES  NO
   - Are you able to get on/off buses, trains and or overland trucks without assistance?
     YES  NO
   - Are you happy to travel with fun loving passengers on a group tour who may not always be quiet?
     YES  NO

   If you answered NO to any of the above questions, what specific assistance do you require:

   Signed: ____________________________________________________________________________
   Today’s date: __/__/____

   Name of tour: __________________________________________________  Start Date: __/__/____