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**Self Assessment Form – Gokyo Lakes, Nepal – November 2024**

Thank you for your interest in travelling with Intrepid. We want you enjoy your trip to the fullest extent possible so therefore ask that you take some time to fully consider the nature of your trip and your physical ability to enjoy it.

Whilst generally all our trips are not conventional holidays you have selected to travel on one of our more demanding itineraries. This may be as a result of the physical activity involved, such as strenuous trekking, the location or terrain through which the trip goes or other local factors including altitude, remoteness and temperature. On occasion we have had to ask travellers who have not proved physically suitable for a trip to leave before its completion; unfortunately in these circumstances we are unable to make any reimbursements. We want to avoid this situation happening and to ensure that you, and your group as a whole, get the maximum possible enjoyment from the trip by being suitably fit.

Whilst we can give advice regarding the demands of a trip you are best placed to assess your own capabilities. We therefore ask you to thoroughly read the Trip Notes for the itinerary you have selected and realistically self assess your ability to complete the trip as described. We strongly recommend you to consult with your doctor, particularly if you have any medical conditions, and/or us if you have any doubts regarding your suitability.

So that we can be reassured that you have given your suitability due consideration please can you complete, sign and return this form to us.

Thanks for your time and consideration.

The team at Intrepid.

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| Traveller’s name/s: |  |
| Name of Intrepid Trip/s: | Gokyo Lakes, Nepal with Zanna van Dijk |
| Departure date/s: |  |

**Please complete the questions on the next page, sign the document and send this with your email when applying for a place on the trip.**

1. Have you been on a hiking trip or trek before? Please provide details of your hiking experience and/or previous trips. If possible, please include distance and elevation for some of your previous hikes.
2. Are you aware of and accepting of the challenges that multi-day trekking at altitude presents? Please answer ‘Yes’ or ‘No’ in the box below.
3. How would you rate your current fitness level? Please consider the four options below and then state your fitness level in the box below.
4. **Beginner**: New to exercise, mainly lower-intensity workouts.
5. **Intermediate**: Exercise regularly, usually moderate-intensity workouts.
6. **Advanced**: High fitness, focused on intense and challenging workouts.
7. What does your current training routine look like (e.g. 2 x strength training per week, 2 x run etc)
8. Do you have any injuries or pre-existing conditions that may affect your ability to hike? Please give details.

* I have read the Trip Notes and fully understand the nature of the trip.
* I confirm that I can participate fully in the trip as described.
* I understand that I am responsible for the self-management of any medical condition while travelling with Intrepid.

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| **Signed:** |  | **Date:** |  |

Please note that you must physically or digitally sign this form. We cannot accept forms with a typed name.