



High Country Expeditions Limited
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East Africa

Dear Doctor:

This person is joining me on a trek and climb on Mounts Meru, Kilimanjaro (in Tanzania) and Kenya. Additionally we may visit Ngorongoro and Serengeti Game Reserves for 3 or 4 days; the Indian Ocean Coast and Zanzibar, also for 3 or 4 days, and Rwenzori Mountains in western Uganda

We expect to spend 20-30 days trekking and climbing, carrying day packs weighing up to 9 kgs or 20 lbs.

Our maximum altitude will be 5900 metres or 19500 ft.

The area to be visited has minimal medical facilities and a high incidence of Tb and other contagious diseases.

We will be flying to Nairobi in Kenya and also visiting Tanzania and possibly Uganda and Zanzibar.

My information suggests that the vaccinations and medications listed on the attached sheet will be required.

However, your judgement and more recent information is accepted and appreciated.

Treatment for chloroquine resistant malaria should be supplied.

On the basis of the above information could you please give this person a thorough medical examination, complete the medical certificate below and return it to the bearer.

Examination/vaccination and prescription charges will be paid by the bearer.

Thank you,

Shaun Norman
High Country Expeditions.

Footnote: Date of examination should be within three months of trip.

I have examined.....and in my opinion they are:

Fit

Not fit

Fit subject to:

to undertake the trip you describe above.

Signed.....Date.....