

**Medical Test details:** All participants will need to provide a medical clearance form completed by their doctor confirming that they are fit to undertake this Yatra. Please note you will be traveling in remote areas in altitude up to 19,500 feet. Some of the **recommended** tests include: blood pressure, hemoglobin, blood sugar, stress test, E.C.G. and any other tests according to your particular health status. A high Altitude medicine DIAMOX is necessary for everyone to take while on journey to Kailash.

DIAMOX: It is necessary for everyone traveling to through the high plateau of Tibet on the way to Kailash to take 250miligram pill twice daily. Please consult with your doctor for any side effects if taken with your current prescribed medicine that you plan to bring along with you. Along with this Medicine, you must drink 3-4 liters of water per day while traveling with high elevation.

**Medical Clearance Form (must be faxed from your doctor's office)**

Patient Full Legal Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Dates of Travel: \_\_\_\_\_

Mr./Ms. \_\_\_\_\_ is under my care and is capable of undertaking the journey to Kailash and other Himalayan Locations. The patient is physically and mentally prepared for the extreme adventure at remote location with minimal medical care availability.

List Current Prescription Medicines: \_\_\_\_\_

The above medicine taken in combination with Diamox will not have life threatening side effects. The patient is aware of minor side effects (if any) and is advised to take medicines as per instruction. **Note: All travelers must take the Diamox (250ml in morning and 250ml in evening) to prevent altitude sickness. The medicine allows their body to better acclimatize at high elevation.**

Signature of Dr. \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Patient: \_\_\_\_\_ Date: \_\_\_\_\_

Name of Doctors office: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Fax form to 1-877-519-7468 or email to [lina@himalayanglacier.com](mailto:lina@himalayanglacier.com) or [linapatel@fuse.net](mailto:linapatel@fuse.net)