

# Team ARHC Sahara Challenge Booking & Medical Form

## Team ARHC Sahara Challenge

15 – 21 March 2018

Please return this completed form, along with your **cheque** (if applicable) and **passport copy** to:

**Freepost ARTHUR RANK HOSPICE CHARITY**

*This is a complete address and no stamp is required*

Please complete all sections of the form below in **BLOCK CAPITALS**

### Your Details (please complete your name exactly as it appears on the passport you will travel with)

Title (Mr, Mrs Miss, Ms, Dr): \_\_\_\_\_

First name: \_\_\_\_\_

Prefer to be known as: \_\_\_\_\_

Middle names: \_\_\_\_\_

Surname: \_\_\_\_\_

Full Address and postcode: \_\_\_\_\_

Email address that is checked regularly: \_\_\_\_\_

Telephone number: \_\_\_\_\_

Mobile number: \_\_\_\_\_

Date of birth: (DD/MM/YYYY) \_\_\_\_\_

Marital Status: \_\_\_\_\_

Gender: \_\_\_\_\_

Age at time of travel: \_\_\_\_\_

Occupation and company/institution: \_\_\_\_\_

Do you have any dietary requirements or preferences (e.g. vegetarian/ allergies)? Yes  No

**If yes, please specify:** \_\_\_\_\_

**Please note:** the names given here must be exactly the same as on the passport you will travel with. If you provide the incorrect details any name-change surcharges are payable by you.

### Your Passport Details (please enclose a photocopy of your passport photo page)

Passport number: \_\_\_\_\_

Nationality on passport: \_\_\_\_\_

Date of passport issue: (DD/MM/YYYY) \_\_\_\_\_

Date of passport expiry: (DD/MM/YYYY) \_\_\_\_\_

I have enclosed a copy of my passport: Yes  No

We recommend that your passport is valid for six months after the end of the event.

NOTE: If your passport details are changing before departure please indicate this here and apply for your new documents as soon as possible.

### Your Next of Kin Details (someone **not** travelling with you that can be contacted in an emergency)

Next of kin full name: \_\_\_\_\_

Relationship to you: \_\_\_\_\_

Email Address: \_\_\_\_\_

Telephone (home): \_\_\_\_\_

Mobile: \_\_\_\_\_

Telephone (work): \_\_\_\_\_

Full Address and postcode: \_\_\_\_\_

### Room Arrangements

Accommodation will be on a twin-share basis unless otherwise noted on the trip itinerary. Please state the name of anyone with whom you specifically wish to share.

If you are a couple, please tick this box

# Team ARHC Sahara Challenge Booking & Medical Form

## Travel Insurance Details

Travel insurance is mandatory and you are recommended to purchase this at the time of booking as this will protect your non-refundable registration fee in the event of unexpected cancellation prior to the challenge.

You are responsible for ensuring that **all** activities you undertake during the trip (including airlifting / helicopter evacuation, trekking etc.) are covered by your insurance policy. If you do not currently have a travel insurance policy please see page 5 for more information.

Travel insurance provider: \_\_\_\_\_

Travel insurance policy number: \_\_\_\_\_

Travel insurance 24hr emergency assistance telephone number\*: \_\_\_\_\_

\*The 24 hour emergency assistance telephone number is the number that would be called in the event of a medical emergency occurring while you are travelling, for example to arrange airlifting or hospital treatment. This number is NOT your next of kin contact details.

## Registration Fee Payment Options

The registration fee is payable at the time of booking. The registration fee is non-refundable and is in addition to your sponsorship target.

**Option 1:** I enclose a cheque for the registration fee of **£275** payable to **Arthur Rank Hospice Charity**.  (tick)

**Option 2:** I wish to pay the registration fee of **£275** by bank transfer or cash. Please contact me to arrange this.  (tick)

**Option 3:** I wish to pay the registration fee of **£275** by credit/debit card.  (tick and complete below)

Credit/debit card type: \_\_\_\_\_

Name on card: \_\_\_\_\_

Card number (16 digits): \_\_\_\_\_

Start Date: \_\_\_\_\_

Expiry Date: \_\_\_\_\_

CV2 code (3 digits): \_\_\_\_\_

Issue Number: \_\_\_\_\_

House no. where card is registered: \_\_\_\_\_

Postcode: \_\_\_\_\_

## Sponsorship Payment Details

I understand that my participation in this event is subject to me raising at least **£1,690** sponsorship for Arthur Rank Hospice Charity, and I will pay this to the charity no later than 21<sup>st</sup> December 2017.  (tick)

I understand that the sponsorship figure is **in addition to, and separate from** the registration fee.  (tick)

## Your Challenge

Where did you hear about this challenge?  
 \_\_\_\_\_  
 \_\_\_\_\_

What made you sign up for this challenge?  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Have you participated in any treks or challenges before? If yes, please specify.  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

# Team ARHC Sahara Challenge Booking & Medical Form

## Medical Declaration Form

It is for your own safety that we find out as much as possible about your medical history to ensure that you can cope with the demands of the trip safely and without risk to your health. Your answers will be treated in the strictest confidence. It is a condition of your registration that you give full and accurate details. If any of these details change you must update us and your travel insurance company. If you tick yes to any of the conditions listed below or have any medical concerns that are not shown below, you are required to provide a doctor's signature to confirm your medical conditions are as stated.

Please complete this form clearly in **BLOCK CAPITALS**

Full Name: \_\_\_\_\_

Blood Group (if known) \_\_\_\_\_

Height: \_\_\_\_\_

Weight: \_\_\_\_\_

Trip name: ARHC Sahara Trek

Trip Dates: 15 – 21 March 2018

Please state whether you suffer from or have ever suffered from any of the following conditions (please tick):

1) Raised or low blood pressure? Yes <input type="checkbox"/> No <input type="checkbox"/>	2) Heart or circulatory disease? Yes <input type="checkbox"/> No <input type="checkbox"/>
3) Epilepsy/ seizures / convulsions? Yes <input type="checkbox"/> No <input type="checkbox"/>	4) Psychiatric disorder(s) / depression? Yes <input type="checkbox"/> No <input type="checkbox"/>
5) Vertigo / balance disorders? Yes <input type="checkbox"/> No <input type="checkbox"/>	6) Fainting or blackouts? Yes <input type="checkbox"/> No <input type="checkbox"/>
7) Diabetes? Yes <input type="checkbox"/> No <input type="checkbox"/>	8) Cerebral disease? (e.g. stroke/head injury) Yes <input type="checkbox"/> No <input type="checkbox"/>
9) Haematological or blood disorders? Yes <input type="checkbox"/> No <input type="checkbox"/>	10) Asthma / lung conditions? Yes <input type="checkbox"/> No <input type="checkbox"/>
11) Digestive or bowel disorders? Yes <input type="checkbox"/> No <input type="checkbox"/>	12) Joint or back injuries/problems? Yes <input type="checkbox"/> No <input type="checkbox"/>
13) Carrier of infectious diseases? Yes <input type="checkbox"/> No <input type="checkbox"/>	14) Registered disabled? Yes <input type="checkbox"/> No <input type="checkbox"/>
15) Fractures, tendon, ligament, cartilage damage? Yes <input type="checkbox"/> No <input type="checkbox"/>	16) Physical disability or other disabilities? Yes <input type="checkbox"/> No <input type="checkbox"/>
17) Are you pregnant? Yes <input type="checkbox"/> No <input type="checkbox"/>	18) Migraine? Yes <input type="checkbox"/> No <input type="checkbox"/>
19) Allergies (e.g. hay fever, dietary, drugs etc.)? Yes <input type="checkbox"/> No <input type="checkbox"/>	20) Hospitalised /surgery in last 2 years? Yes <input type="checkbox"/> No <input type="checkbox"/>
21) Obesity (BMI of 30 or above)? Yes <input type="checkbox"/> No <input type="checkbox"/>	22) Awaiting surgery/tests/investigations? Yes <input type="checkbox"/> No <input type="checkbox"/>
23) Any illness or condition not mentioned? Yes <input type="checkbox"/> No <input type="checkbox"/>	

2) If you have answered **yes** to any questions above, you must give **specific** information about this below. (e.g. severity, duration, on-going or resolved, triggers etc.):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*If necessary, continue on a separate sheet.*

3) Do you use any form of medication? If so you must give **specific** details **including** which condition this medication is used for, medicine name and dosage etc. below:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4) Do you have any phobias (e.g. flying, heights etc.)?

**The following section should be completed by your doctor/physician if you have answered 'YES' to any of the questions on the medical form above.**

The person named above will participate in an organised trip of 7 days during which time he/she will be subject to a variety of living conditions and exertion. The itinerary involves desert trekking for up to 8 hours per day for 3 full days (plus two half days either side) over rough terrain, carrying a rucksack around 5kg and involving extremes of temperatures. Participants stay in tents and food is cooked on gas burners. The trek may be some distance from hospital backup. With the above information and taking into consideration the medical history of the participant if there is any matter which you feel that Different Travel Ltd should be aware, please supply details below or on a separate sheet. If you require any further details please contact Different Travel Ltd on 0788 169 8623 or [info@different-travel.com](mailto:info@different-travel.com)

***I have read the above paragraph and agree that the participant's medical details are correct.***

Doctor's Signature: \_\_\_\_\_

Doctor's Name (Block Capitals Please): \_\_\_\_\_

Date: \_\_\_\_\_

Practice Address: \_\_\_\_\_

**Important – Please read carefully before signing**

I confirm that all the information provided on this booking and medical form is to the best of my knowledge true and correct. My medical declaration is a true and accurate description of my medical history and current condition and I give permission for my GP, consultant or specialist to release information pertinent to the challenge to The Different Travel Company if required.

I understand that by giving false information I endanger both my own safety and that of others on the trip. I take responsibility for ensuring I have sufficient supplies of medication needed for my current medical condition and for any condition which I have had previously which may reasonably be expected to re-occur. I also understand that failure to disclose a pre-existing medical condition could invalidate my travel insurance and endanger myself and other team members, and that I am responsible for declaring any pre-existing medical conditions directly to my insurance company prior to departure.

I agree to permit first aid trained personnel the opportunity to tend to an illness, injury or any other medical condition as far as their training permits until specialist care can be sought, if required. I agree to accept responsibility for any and all costs associated with any illness, injury or other medical condition that may happen to me during this trip.

I acknowledge that any dietary requirements, including food allergies, will be catered for to the best of The Different Travel Company's, and our local partners', ability however we cannot guarantee that food preparation will have taken place in a contamination free environment.

Where medical conditions are declared I agree to sign a separate disclaimer in respect of these conditions if required. I understand that this event requires a certain level of fitness and is physically testing and that if I am deemed to be unfit for the challenge I may be asked to leave the group. In the unlikely event of an accident, loss or damage to my personal effects, illness, injury or other untoward occurrence arising from any medical condition, I acknowledge that The Different Travel Company cannot accept any liability or expenses (other than to the extent that death or personal injury arises as a result of its negligence) and I waive all claims against The Different Travel Company in this respect.

I confirm that I have read and accept the terms and conditions (available on <http://www.different-travel.com/faq.php#thetours>) and undertake to abide by the rules and conditions. I confirm that I will verify with my current /future insurance company that my policy (will) cover(s) everything involved in the challenge. I understand that The Different Travel Company cannot be held responsible for any loss arising from my failure to ensure I have adequate insurance cover for all activities involved. I understand that single and group photos may be taken of me during the challenge and I am happy for any photographs to be used for marketing and future publications.

**Signed**

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**Print Name**

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**Date**

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**Data Protection**

Please be assured that we have measures in place to protect the personal booking information held by us. This information will be passed on to the principal and to the relevant suppliers of your travel arrangements. The information may also be provided to public authorities such as customs or immigration if required by them, or as required by law. We will only pass your information on to persons responsible for your travel arrangements. This applies to any sensitive information that you give to us such as details of any disabilities, or dietary/religious requirements. (If we cannot pass this information to the relevant suppliers, whether in the EEA or not, we will be unable to provide your booking. In making this booking, you consent to this information being passed on to the relevant person). For our full privacy policy, please see <http://www.different-travel.com/privacy.php>

**ATOL Protection**

This flight-inclusive holiday is financially protected by the ATOL scheme. When you pay you will be supplied with an ATOL Certificate. Please ask for it and check to ensure that everything you booked (flights, hotels and other services) is listed on it. Please see our booking conditions for further information or for more information about financial protection and the ATOL Certificate go to: [www.atol.org.uk/ATOLCertificate](http://www.atol.org.uk/ATOLCertificate)

# Team ARHC Sahara Challenge Booking & Medical Form

## TREKKER: THIS IS YOUR PAGE TO KEEP!

### TRAVEL INSURANCE

You are **required** to have travel insurance to participate in this trip. We advise that travel insurance is purchased at the time of, or shortly after booking as depending on your policy, **this may protect your registration fee** in the event of cancellation as well as protecting you during the trip. Your insurance policy must include airlifting / helicopter evacuation.

**Campbell Irvine** policies have been specifically designed to cover unique trips. They offer a comprehensive volunteer travel insurance policy and are underwritten by AXA Insurance (UK) PLC. 24-hour Worldwide Emergency Medical Service is supplied, and you are automatically covered for activities such as manual work, trekking, extreme sports and - should you want to - even bungee jumping!

For further details contact Campbell Irvine direct on 020 7937 6981 and request a quote for a trip organised by 'The Different Travel Company' or refer to their website [www.campbellirvinedirect.com/differenttravel](http://www.campbellirvinedirect.com/differenttravel)

### FINANCES

Your registration fee of **£275** is non-refundable and therefore it is important to have travel insurance to protect you in the event of you cancelling due to unexpected events such as illness, injury or bereavement etc. This must be organised as soon as possible after booking. Please note that the registration fee is separate from and in addition to your minimum sponsorship.

Your minimum sponsorship target is **£1,690** and this must be paid in full to Arthur Rank Hospice Charity at least 12 weeks before departure, **21<sup>st</sup> December 2017**, in order to confirm your place.

### COMMUNICATION

To retain their environmentally friendly aims of being as paper-free as possible, The Different Travel Company tries to keep all communication electronic (email and phone) so please ensure you have provided your details above **legibly**. Flight tickets and final tour information will all be sent by email unless specifically requested otherwise.

Your pre-tour information containing flight details and other information pertinent to the trip will be emailed to you **8 weeks before departure**, once your minimum sponsorship has been paid to the charity. Flight e-tickets will be emailed to you **2 weeks before departure**.

If any of your details change (e.g. passport details, mobile number, postal address) between the time of the booking and departure you must inform us as soon as possible on [info@different-travel.com](mailto:info@different-travel.com).

If you have any questions about the trip, the kit or would like advice from someone who has experienced this trek themselves, feel free to get in touch with The Different Travel Company on [info@different-travel.com](mailto:info@different-travel.com).

#### Arthur Rank Hospice Charity contact details:

Amy Bidwell

T 07787 835161

E [amy.bidwell@arhc.co.uk](mailto:amy.bidwell@arhc.co.uk)

**We wish you all the best with your fundraising!**