



POKHARA SKYDIVE Medical Form

Medical Information:

Please answer all questions accurately and honestly. No information provided here will be used to exclude anyone from any activity, but may be used to advise you and plan for predictable events. This information will be kept confidential. If you require more space please attach a continuation sheet.

PERSONAL INFORMATION:

Name: _____ Nationality: _____

Height: _____ Weight: _____ Date of Birth: _____

Languages Spoken: _____

BASIC MEDICAL INFORMATION:

List any known medical conditions, particularly:

Asthma: YES NO

Heart Problems: YES NO

Chronic Lung Disease: YES NO

Epilepsy: YES NO

Current Medications:

Prev. joint dislocation: YES NO

Anemia: YES NO

Diabetes: YES NO

Blood disorders: YES NO

Prev. pneumothorax: YES NO

Mental illness: YES NO

Prev. bone fracture: YES NO

ALLERGIES:

Smoker? (Now or ever?)

(If yes how many & how long)

Any surgery in last 10 years?

(If yes give details)

Hospital Stays last 10 years?

(If yes give details)

RELEVANT TO SKYDIVING:

Have you any previous skydiving injuries or incidents? (If yes give details)

OTHER:

Do you require any visual correction? (Spectacles, contact lenses, laser eye surgery)

Do you have any difficulty hearing or equalizing your ears? (Hearing aids, ear surgery, Perforation)

Is there anything else you think we should know about you?

Date

Signature

MEDICAL ADVICE:

- NOW is the time to address any concerns you may have about your suitability for this adventure. There is probably still time to investigate any concerns and gain reassurance. Please don't ask us about your pacemaker on your walk out to the aero plane!
- Your lungs are vital for getting oxygen into your blood. Smoking not only reduces the efficiency of your lungs but also the Carbon Monoxide in cigarette smoke renders a proportion of red blood cells permanently incapable of carrying oxygen to your tissues. The benefits of smoking cessation cannot be stressed highly enough for your safety and enjoyment on this trip.
- "The earlier the better." We would discourage anyone from stopping smoking immediately prior to the trip – you are more likely to be coughing and unhappy! (It's too late to rescue those poor blood cells anyway!)
- As mentioned elsewhere in your information pack, you must remember to bring personal medications with you. We have emergency medical supplies only and don't expect to be using them at all!

Please Send this Form to:

Suman Pandey

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