

Walking the Kokoda Track is a physically demanding activity.

The trekker will be required to walk over difficult and undulating terrain under hot, humid and damp conditions. You will have to have a good level of fitness and good health. It is recommended that you commence your trek preparation at least 6 months prior to your departure date.

Trek preparation requires hill walking with a daypack carrying up to 10 kg in variable weather conditions on rough terrain.

Training in a gym is good for your general fitness but is not sufficient for the Kokoda Track. Specific activity and consistent training is a vital part of your preparation.

You need to have your body prepared for the type of activity it will be required to perform.

On the Kokoda Trail you are often hours or days from proper medical attention and facilities.

Our trek leader will carry a group first aid kit and it is important that only fit and mentally stable people undertake this journey. We require that all trekkers complete the questions below and the form be completed by a qualified medical practitioner.

You will be required to undergo a Treadmill Stress Echocardiogram prior to the Trek.

**Your Medical Form must be completed and returned to Kokoda Tribute before your final payment will be accepted. This is required at least 60 days prior to departure.**

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Departure date \_\_\_\_\_

If the answer is yes to any of the following questions, please supply full information below.

**Do you have or have had a history of -**

- 1. Diabetes
- 2. Epilepsy or any neurological problem
- 3. Asthma
- 4. Mental or emotional instability
- 5. Pregnancy
- 6. High or low blood Pressure
- 7. Mobility problems
- 8. Joint or arthritic problems
- 9. Heart or circulatory disease
- 10. Digestive or bowel disorders
- 11. Have you had any surgical operations in the past 12 months
- 12. Any other health problems that may impact your ability to walk the track
- 13. Allergies
- 14. Are you on any medication
- 15. Any pre-existing medical conditions

Please attach any documentation or information which maybe required if you have answered YES to any of the above. Please discuss any concerns with your doctor.

**DECLARATION.**

I \_\_\_\_\_  
have been requested by Kokoda Tribute Pty Ltd to complete a medical form prior to trekking the Kokoda Trail. I confirm that I am in a healthy physical and emotional state to participate in this trek. I confirm that Kokoda Tribute Pty Ltd will not bare any liability for any medical matters that may arise and that I shall be financially responsible for any and all medical expenses that may arise.

Trekkers  
Signature \_\_\_\_\_ Date \_\_\_\_\_

Doctor to fill in details below

Blood pressure \_\_\_\_\_ Pulse \_\_\_\_\_

Age \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_

Level of fitness \_\_\_\_\_

Doctors  
Signature \_\_\_\_\_ Date \_\_\_\_\_

(Any relevant information)