

Tour Suitability Form

This form is for clients with existing medical conditions, concerns regarding their suitability and those over the recommended age group. Once you have completed this questionnaire, please return it to your Tucan Travel Adventure Specialist or Travel Agent.

Your Full Name: Date of Birth:

Name of Tour: Date of Tour:

Booking Reference (if available):

Tucan Travel's group tours are designed for people aged between 18 and 65 years old and clients are mostly aged between 20 and 55. Due to the sometimes arduous nature of our trips and destinations visited, we need to assess that your chosen tour is suitable for you and that you are fully aware of what is involved. We want all our travellers to thoroughly enjoy their group tour so it is important that every member of the group is of suitable fitness and like mindedness. If there are any concerns that you or Tucan Travel has regarding your suitability to your chosen tour, we will suggest a Tailor-made Tour which can be catered to your specific requirements and will ensure you enjoy your travels with us.

Please take the time to ascertain that you are fit, willing and able to complete all the arrangements set out in the itinerary of your group tour. Detailed notes on arrangements and activities can be found in the notes for your tour on our website.

Typically a group tour requires travellers to:

- Have a moderate level of fitness which includes the ability to walk several kilometres at a brisk pace to keep up with the group (sometimes at altitude or in high temperatures).
- Have a tolerant, easy-going and fun loving nature.
- At times be able to live without creature comforts such as non western food, air-conditioned rooms, ensuite facilities or frequent power and water shortages.
- Travel on long bus journeys in cramped conditions with limited toilet facilities.
- Be able to carry your own luggage at a bus or train station and up several flight of stairs.
- On tours that use our overland trucks you will be expected to put up your own tents and participate in cooking, washing up and cleaning.

Please note: It is your responsibility to disclose any pre-existing medical conditions and/or disabilities you may have. Failure to disclose medical conditions that put your health and safety or those of your fellow passengers at risk could lead to your forced removal from tour. This is in line with Clause 9 of our Booking Conditions.

GENERAL HEALTH

1a. Are you currently being treated by a doctor for any condition that may affect you whilst on tour? If YES please specify.

 YES NO

1b. Have you suffered or had any major surgery or illnesses in the last 10 years? If YES please specify.

 YES NO

1c. Do you have any mobility or other leg, hip or joint problems that may affect you whilst on tour? Does it impact upon your daily life? If YES please specify any special requirements.

 YES NO

1d. Do you have any allergies or are you taking any medication that we should be aware of? If YES please specify the medication, what it is and what it is for. What treatment is required if you become ill?

 YES NO

1e. Do you have any of the following medical conditions? Please TICK if relevant.

High blood pressure

Heart disease

Diabetes-1 or 2

Asthma or breathing problems

Epilepsy

Depression

Anxiety

Mental Health Concerns

Other (Please Specify)

Please answer the below questions ONLY if you have advised us of any medical conditions above, otherwise please go directly to the "On Tour" section below.

1f. Do you have any special requirements like refrigeration for medication or electric supply etc? If YES please specify below.

 YES NO

1g. Does your travel insurance specifically cover you for your pre-existing illnesses or conditions?

 YES NO

1h. If no, are you aware that you will be fully liable for all costs should any illness or existing medical condition require attention whilst on tour?

 YES NO

If you have answered yes to any of the above questions you may wish to consider a Tucan Travel Tailor-made Tour instead. Please ask your Adventure Specialist or Travel Agent.

ON TOUR

2a. Are you able to walk 5km at any one time unaided, possibly at high altitude or in a hot climate, and maintain the pace of the group throughout the day?

YES	NO
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2b. Are you able to remain seated for long periods or occasionally overnight when travelling on public buses or in private vehicles, sometimes with limited bathroom facilities?

YES	NO
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2c. Luggage porters are not available on our tours; are you able to carry your own luggage over sometimes long distances between hotels and local transport stations, over uneven surfaces and up or down multiple flights of stairs?

YES	NO
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2d. Are you able to swim and keep yourself afloat for 5 minutes until help arrives as almost all our tours include a component on or near the water?

YES	NO
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2e. Are you able to get on and off buses, trains, boats or overland trucks without assistance?

YES	NO
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2f. I am aware that my Tucan Travel tour may visit areas lacking medical facilities and that medical assistance could be several hours away. In many places we visit the medical facilities can be of a poor standard or nonexistent.

YES	NO
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2g. Are you happy to travel with fun loving people on a group tour that may at times be boisterous?

YES	NO
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2h. If you answered NO to any of the above questions, what specific assistance do you require:

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2i. Do you have any condition that may affect your ability to understand or follow the instructions of a Tucan Travel staff member such as mental health, sight or hearing impairment. If so please describe any effect this may have whilst on tour and if any assistance may be required?

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Signed: Full name:

Today's date:

Thank you for taking the time to complete our questionnaire. It is possible that we may require additional information or request you to consult the opinion of your medical practitioner confirming your suitability to travel on your chosen tour.