

# Booking Form



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

Please send it together with a cheque for £400 made payable to New Futures Nepal. We will aim to send you confirmation of your booking within 14 days of receipt or return your deposit cheque if the trek is fully subscribed.

<b>When completed, this form should be sent to:</b> Tracey Burge 86 Bury Rd Brandon IP27 0BT	<b>For Office use only</b>  Insurance Policy Number  Date Received
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## New Futures Nepal Fundraising Trek in the Himalayas

**Expedition date      Wed 9<sup>th</sup> Feb – Sun 20<sup>th</sup> Feb 2011**

### Personal details

Please complete this form in full. Please fill in your name exactly as it appears in your passport

Surname

First Name

Other Names

Title

Home Address

Post Code

Contact phone number

Email address

Date of Birth

Age

Place of Birth

Male / Female (Please circle)

T-Shirt Size: S / M / L / XL / XXL / (Please Circle)

I agree to my contact details being distributed to my fellow trek participants (Please tick).

### Passport details

If you do not have a passport at the moment, or it is due to expire, please return this form and forward your passport details to us as soon as they are available to [info@newfuturesnepal.org](mailto:info@newfuturesnepal.org) NB. Your passport must be valid until 6 months after you return to the UK and have at least 2 blank pages for your visa and entry and exit stamps.

Passport number

Nationality

Place of issue

Date of Issue

Date of Expiry

Country of Residence

New Futures Nepal – Registered Charity Number 1098661

## Next of Kin

**Must** be a friend or relative **not** on the trek with you – please advise us immediately if this information changes, as it is essential that we have up to date information prior to your departure.

Name  
Relationship  
Home address  
Daytime Phone number  
Evening Phone number  
Mobile Phone number  
Email address

## Medical Questionnaire

### Do you have a history of any of the following?

Pre-existing medical conditions must be declared below to ensure that we can look after you appropriately during the trek. They have to be declared to the travel insurance company to ensure that you are adequately covered. If any of these details change between now and the time of the trek please make sure you update us. It is for your personal safety that we ask for this information, so please be as thorough as possible. Please use a separate sheet of paper if needed. We strongly recommend that you make an appointment to see your doctor to discuss this trek and make sure there is nothing in your medical history that would suggest you should not take part. If you have heart or respiratory problems, you must seek advice from your doctor. You may be asked to produce a doctor's note to confirm any of the medical information below.

Do you have a history of the following?	No	Yes (please give any relevant information)
Asthma or wheezing		
Severe attacks of hay fever / allergy		
Any form of lung disease		
Cancer		
Chest surgery		
Claustrophobia or agoraphobia		
Behavioural health problems		
Epilepsy, seizures or convulsions		
Recurring migraine headaches		
Blackouts or fainting		
Motion sickness		
Recurrent back problems / surgery		
Diabetes		
Arm or leg problems		
High blood pressure		
Any heart disease / heart attacks		
Angina / heart surgery or blood vessel surgery		
Hearing loss or problems with balance		
Bleeding or other blood disorders		
Any type of hernia		
Ulcers or ulcer surgery		
Bowel Disorder		
Drug or alcohol abuse		
Do you suffer from any phobias i.e. heights / flying / water		
Are you pregnant at present		
Are you registered disabled		

Have you been in hospital in the last year (Please specify)		
Do you regularly take prescriptive medication? (Please specify which and the dosage)		
Are you awaiting tests / investigations / results / surgery?		
Are there any other medical issues not covered above which are relevant to your well being on your expedition?		
Allergies to Medication or Food		
Dietary Requirements		

## Other

Are you travelling on this expedition with a friend / relative that you would like to share a room with? If so please provide their name.

Where did you hear about this charity trek?

Do you want to be added to the charity's database? Yes / No (Please circle)

I wish to extend my stay in Nepal after the trek. Yes / No / Maybe (please circle)

## Gift Aid Declaration (Open only to UK Tax payers)

I wish that New Futures Nepal treat all donations that I advise are Gift aidable from the date of this declaration until I notify you otherwise as Gift Aid donations. I confirm that I have paid UK Income Tax and/or Capital Gains Tax at least equal to the tax that New Futures Nepal will reclaim on this donation. (Please tick box).

Please **advise us immediately** if any of the information you have given on this form changes.  
Email: [info@newfuturesnepal.org](mailto:info@newfuturesnepal.org)

Please read the **Booking Terms and Conditions** of the trek carefully before signing this form. When you sign the booking form you agree to accept all the terms and conditions of the trek.

Signed

Date