

# Kilimanjaro Student Registration Form

## About You Give forename and surname as they appear on your passport please

Title:		Forename:	
Surname:		Known As:	
Address:		Home Phone:	
		Mobile Phone:	
Post Code:		E-Mail:	

Please tick the box if you are happy for us to email you with details of forthcoming events and activities we think you might be interested in:

University/College:  Route Chosen (Circle) **Machame / Lemosho**

Student ID Number:

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

## Emergency Contact

Name:		Relationship:	
Address:		Home Phone:	
		Work Phone:	
		Mobile Phone:	
Postcode:		E-Mail:	

## More Information

Where did you hear about this trip?	
If taking part with friends, please provide their names	
Please provide your travel Insurance policy No.	
Please give details of special dietary requirements if needed	

## Passport Information

To travel you must have a valid 10 year passport that runs for at least 6 months after your return to the UK. If it doesn't you will need to apply for a new passport as soon as possible. Please forward details to The Nasio Trust as you receive these.

I have a valid passport: Yes/No	Date of birth:	
Will you be under 18 on the first day of the trip? Yes/No		
Participants under 18 must be accompanied by a responsible adult.		
Passport number:	Date of issue:	
Date of expiry:	Nationality:	

## Get to know your travel companions

It is our policy to share your contact details with the other participants in your group so you can keep in touch before and after the challenge. If you **would not** like to be included in this list, please indicate below.

Exclude me from the contact list:

### THE NASIO TRUST

Hampden House, Monument Park, Warpsgrove Lane, Chalgrove, Oxford, OX44 7RW

Telephone: 01235 856290 E-Mail: [info@thenasiotrust.org](mailto:info@thenasiotrust.org) Web: [www.thenasiotrust.org](http://www.thenasiotrust.org)

The Nasio Trust is registered by the Charity Commission  
Registered Charity No. 1104542



# Kilimanjaro Medical Questionnaire

## What Is This Information For?

The information in this form will be supplied to the Nasio representative on the trip so they are fully aware of any medical conditions you may have. These forms have proved invaluable in the past.

The details of your medical history are strictly confidential and the forms will be destroyed after the event.

The event in which you will be participating is challenging and will require a good level of fitness, strength and endurance and it will involve strenuous exercise at times. It is your responsibility to ensure that you have the appropriate level of fitness.

There will be personnel with first aid supplies with the group at all times, but often parts of the route will be away from main cities and hospitals (at which medical facilities may be inferior to those in the UK).

We ask for your kind co-operation in this matter and invite you to phone us on 01235 856290 should you have any queries.

## Over 50 Or Aware Of A Pre-Existing Medical Condition?

If you will be age 50 or older when you take part OR if you have a pre-existing medical condition you MUST ask your doctor to sign this form confirming you are fit to undertake this challenge.

## Your Doctor's Details

Doctor's name:		Surgery Tel. Number:	
Address:		NHS Number:	
Post Code:			

## Your Doctor's Signature If Needed

Remember, if you are over 50 or have a pre-existing medical condition, it is compulsory to get your doctor's signature to indicate you are fit to undertake the challenge.

I consider the person named in this form to be fit to climb Kilimanjaro:

Signed: \_\_\_\_\_ Name: Dr. \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_

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# Kilimanjaro Medical Questionnaire

## Your General Health

Please state whether you have or have not got any of the following conditions, If you answer yes to any of these questions please provide further information regarding severity & treatment currently being undertaken.

Condition		Details
Raised blood pressure	Yes / No	
Heart or circulatory disease	Yes / No	
Epilepsy and / or fainting attacks	Yes / No	
Psychiatric or mental illness	Yes / No	
Chest or lung disease	Yes / No	
Vertigo	Yes / No	
Diabetes	Yes / No	
Joint or back injuries / problems	Yes / No	
Allergies (Hay fever, dietary, chemicals, drugs etc)	Yes / No	
Asthma, bronchitis and / or other shortness of breath?	Yes / No	
Digestive or bowel disorders?	Yes / No	
Cerebral disease? (e.g. stroke, head injuries etc)	Yes / No	
Fracture, tendon, ligament / cartilage damage	Yes / No	
Surgical operations (last 5 years)	Yes / No	
Haematological or blood disorders	Yes / No	
Metabolic or endocrinal disorders	Yes / No	
Are you pregnant?	Yes / No	
Physical or other disability	Yes / No	
Carrier of infectious diseases	Yes / No	
Migraine	Yes / No	
Hospitalised in the last two years	Yes / No	
Any illness or conditions not already mentioned	Yes / No	

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# Kilimanjaro - Terms & Conditions of Entry

1. All travel and associated arrangements for The Nasio Trust Kilimanjaro Trek are made by a specialist travel company. In making these arrangements, The Nasio Trust is acting as your agent and is unable to accept liability for any loss or damage, beyond its statutory liability, or for cancellation of the event for any reason out of its control.
2. Participants must raise a minimum of £2,995 (Lemosho Route) or £2,845 (Machame Route). We insist that 80% of the total must be paid to The Nasio Trust at least 6 weeks prior to departure. If you do not pay this amount you will forfeit your eligibility to participate – or you may choose to make up the balance yourself. We ask that you show pledges for the minimum sponsorship level before departure. The balance of the sponsorship must be paid within four weeks of the end of the trip. Gift aid is a refund that The Nasio Trust can reclaim from HMRC on certain donations. Any gift aid reclaimed does not contribute towards your fund raising target.
3. All funds raised are non-refundable under any circumstances once you have been accepted on the event.
4. If participants decide at any time not to take up their places, all sponsor forms and sponsor monies collected and held by the participant must be forwarded to The Nasio Trust, so they can be returned to the sponsor if requested.
5. If, for what ever reason, you withdraw from the event after the 6 weeks before departure deadline, you are personally liable for any cancellation charges payable in accordance with the terms and conditions of the Travel Company, for example flights. This will be the prescribed percentage of the trip cost.
6. Participants wishing to withdraw from the event after registration must confirm their cancellation in writing to The Nasio Trust. Without this, The Nasio Trust is unable to accept their cancellation.
7. Gift Aid does not count towards participants' sponsorship target.
8. The trip includes all group international flights and internal transfers thereafter (unless otherwise agreed), project equipment, accommodation on a twin share basis or as dictated by local conditions (e.g. hostel, hotel or camping), most meals, guides, porters, cooks, group camping equipment, some sightseeing trips or site/park entry fees.
9. The following are not included in the cost of the trips: items of a personal nature (e.g. telephone calls, laundry, tips etc), drinks, certain meals, visas, vaccinations, insurance and local airport and/or departure taxes.
10. You must take out travel insurance covering health, accident and loss, emergency repatriation etc. while you are out of the UK. The travel company can provide a suitable policy or, if you have your own insurance, The Nasio Trust must be given a copy to ensure it is suitable for the event.
11. You must hold a 10 year passport that is valid for six months after your return to the UK. It is your responsibility to obtain a valid visa (if required), the cost of which is not included in the cost of the trip. The information supplied regarding passports and visa requirements was correct to the best of our knowledge at the time of printing. You must check current requirements with the Foreign and Commonwealth Office ([www.fco.gov.uk](http://www.fco.gov.uk)) who will provide information on health and security.
12. All instructions given to you on the event must be observed for your own safety. Participation in this event is at your own risk.
13. Participants must carry out all fundraising in accordance with the guidelines set out in The Nasio Trust fundraising pack and Professional Fundraiser's Agreement. This will be sent upon confirmation of your place on the event and must be returned immediately to The Nasio Trust after participants have read, signed and dated the form.
14. Your place on the event is not secured until The Nasio Trust is in receipt of the signed and completed registration forms & deposit and medical form upon which you agree to the terms and conditions issued by Travel Company.
15. The registration fee and all sponsorship is payable to The Nasio Trust.
16. The Nasio Trust reserves the right to amend or change the itinerary without prior notice.
17. The Nasio Trust reserves the right to not accept a participant onto a challenge at any point leading up to departure of the trip.
18. Participants will normally only be accepted on a Nasio Trust overseas challenge if they are at least 18 years of age by the first day of the trip. Any Participants that are under 18 years of age on the first day of the trek will only be accepted onto the trek if they are accompanied by a parent / guardian or other adult who are responsible for them. Any Participants under 18 on the first day of the trip must provide a parent / legal guardian consent form agreed with the responsible adult.

I hereby agree to abide by the terms and conditions of the entry as detailed above and by signing this form I acknowledge that I have read, understood and accepted the conditions of contract set out by The Nasio Trust.

## Your Signature

Signed: \_\_\_\_\_

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

## Signature Of Parent/Guardian\*

Signed: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

\*Required if registrant is going to be under 18 on first day of travel

## Details Of Accompanying Responsible Adult (If Applicable)

Signed: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

What is your relationship to the registrant? \_\_\_\_\_

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# Kilimanjaro Registration Fee

## About Your Registration Fee

As part of our special offer, we're waiving the registration fee entirely for Students booking up until March 31st 2016. Please ensure your application reaches us by that time.

## Stay Up To Date With The Nasio Trust

The Nasio Trust would like to keep you up to date with the work of the charity including fund raising activities using the contact details you have provided, which we hope will be of interest to you.

If at any time you do not wish to receive this information please contact us at the address provided or tick this box:

## Returning Your Form

Please return your completed form to:

**The Nasio Trust,  
Hampden House, Monument Park,  
Warpsgrove Lane, Chalgrove,  
Oxford, OX14 1RL**

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