



PHYSICIAN CERTIFICATION

_____ [print full name of program participant / patient] has advised me that s/he wishes to participate in international travel with Elevate Destinations. I understand that s/he will be traveling to Ethiopia for the following dates of travel:

October 11-20, 2019

I have been advised that while Elevate Destinations seeks to include all participants, regardless of physical ability or medical condition, Elevate Destinations is limited by the infrastructure and services available in the communities they visit and that medical services and treatment in the country of travel may not be of the same quality as is available in the United States. This is an active trip, and we recommend that travelers have a **high level of fitness and agility**. Travelers on this trip should be able to:

- Walk at least ten miles without difficulty on uneven surfaces
- Spend extended periods of time on their feet
- Climb multiple sets of stairs without assistance
- Keep pace with an active group of travelers
- Carry a 10 pound load on their back
- Ride comfortably in a vehicle on bumpy roads for extended periods of time

The group will be spending significant time at an **altitude between 10,000 and 14,000 feet**. Altitude affects everyone differently and one's reaction does not necessarily reflect overall health.

In my professional opinion, _____ [print full name of program participant / patient]

(check one)

- Is medically fit to fully and safely participate in this international travel.
- IS NOT medically fit to fully and safely participate in this international travel.
- IS medically fit to fully and safely participate in this international travel, subject only to the following special requirements or accommodations (please list of applicable):

Physician Name

Physician Signature

Physician Phone Number

Physician Address

Physician City, State, Zip