



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 Kenya for a Mount Kenya Trek with The END Fund for the following dates of travel: July 13 – 22, 2022.

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**. Please review the full itinerary attached which includes the daily trekking distance and elevation gain / loss.

Travelers on this trip should be able to:

- Walk at least six to eight miles without difficulty on uneven surfaces
- Spend extended periods of time on their feet
- Climb sets of stairs without assistance
- Keep pace with an active group of travelers
- Ride comfortably in a vehicle on bumpy roads for extended periods of time

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

The END Fund Mount Kenya Trek - Itinerary

July 13 – 22, 2022

Day 1: Wednesday, July 13, 2022 – International Arrivals

Day 2: Thursday, July 14, 2022 – Meeting in Nairobi and Travel Day

Day 3: Friday, July 15, 2022

Trekking Day 1: Nanyuki – Chogoria – Forest Camp

- **Trekking Distance:** 6 miles (10 kilometers)
- **Trekking Time:** 5 hours
- **Elevation Start:** 7,743 feet (2,360 meters)
- **Elevation End:** 8,301 feet (2,530 meters)

Day 4: Saturday, July 16, 2022

Trekking Day 2: Forest Camp – Lake Ellis Camp

- **Trekking Distance:** 6 miles (10 kilometers)
- **Trekking Time:** 5 hours
- **Elevation Start:** 8,301 feet (2,530 meters)
- **Elevation End:** 11,417 feet (3,480 meters)
- **Elevation Gain:** 950 meters

Day 5: Sunday, July 17, 2022

Trekking Day 3: Lake Ellis Camp – Lake Michaelson Camp

- **Trekking Distance:** 5 miles (8 kilometers)
- **Trekking Time:** 7 hours
- **Elevation Start:** 11,417 feet (3,480 meters)
- **Elevation End:** 14,075 feet (4,290 meters)
- **Elevation Gain:** 810 meters

Day 6: Monday, July 18, 2022

Trekking Day 4: Lake Michaelson Camp – Simba Col

- **Trekking Distance:** 2 miles (3 kilometers)
- **Trekking Time:** 2 hours
- **Elevation Start:** 14,075 feet (4,290 meters)
- **Elevation End:** 15,256 feet (4,650 meters)
- **Elevation Gain:** 360 meters

Day 7: Tuesday, July 19, 2022

Trekking Day 5: Simba Col – Summit & Descent to Old Moses

- **Trekking Distance:** 11 miles (17 kilometers)
- **Trekking Time:** 8-10 hours
- **Elevation Start:** 15,256 feet (4,650 meters)
- **Elevation End:** 9,974 feet (3,040 meters)
- **Elevation Loss:** 1,610 meters

Day 8: Wednesday, July 20, 2022 – Rest Day

Day 9: Thursday, July 21, 2022 – Site Visit in Vihiga County

Day 10: Friday, July 22, 2022 – International Departures