

THE REMOTE MEDIC

Central Queensland
University



The Wild Medic Project
POWERED BY EARTH TRAILS EXPEDITIONS



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The Wild Medic Project



Welcome

Wild Medic Project Nepal

The Wild Medic Project supports frontline primary health clinics and health education programs to communities with limited access to health care. Our team engage with local health professionals and student medical groups in a sustainable and collaborative effort to bring health care access to those who need it.

The Remote Medic

The Remote Medic has been specifically designed to engage and immerse student groups of paramedic practice and nursing in clinical relevant activities whilst experiencing the culture of their host country. This experience culminates with the internationally recognised Fundamentals of Remote Medicine course in the mighty Annapurna ranges.

By the end, participants will walk away with remote medical experience in a clinical setting, a remote medicine certification and an incredible experience never forgotten. We hope you can join us!

A huge thank you for getting behind the project, we guarantee this experience will be one you will remember!

The Wild Medic team



Program Highlights

- ✓ Personalised Kathmandu tour
- ✓ Guides, logistics and transport to a region challenged by a lack of primary health care
- ✓ Working as a Humanitarian Health worker
- ✓ Facilitation of remote community clinics
- ✓ Involvement in community education
- ✓ Completing the course Fundamentals of Remote Medicine with a Poon Hill Summit attempt
- ✓ A moving experience at “SASANE” NGO
- ✓ Trek through the mighty Annapurna ranges
- ✓ White water rafting experience





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The Specifics

Discipline: Paramedicine

Duration: 18 days

Dates: 18th February – 7th March 2020

Cost: \$4350

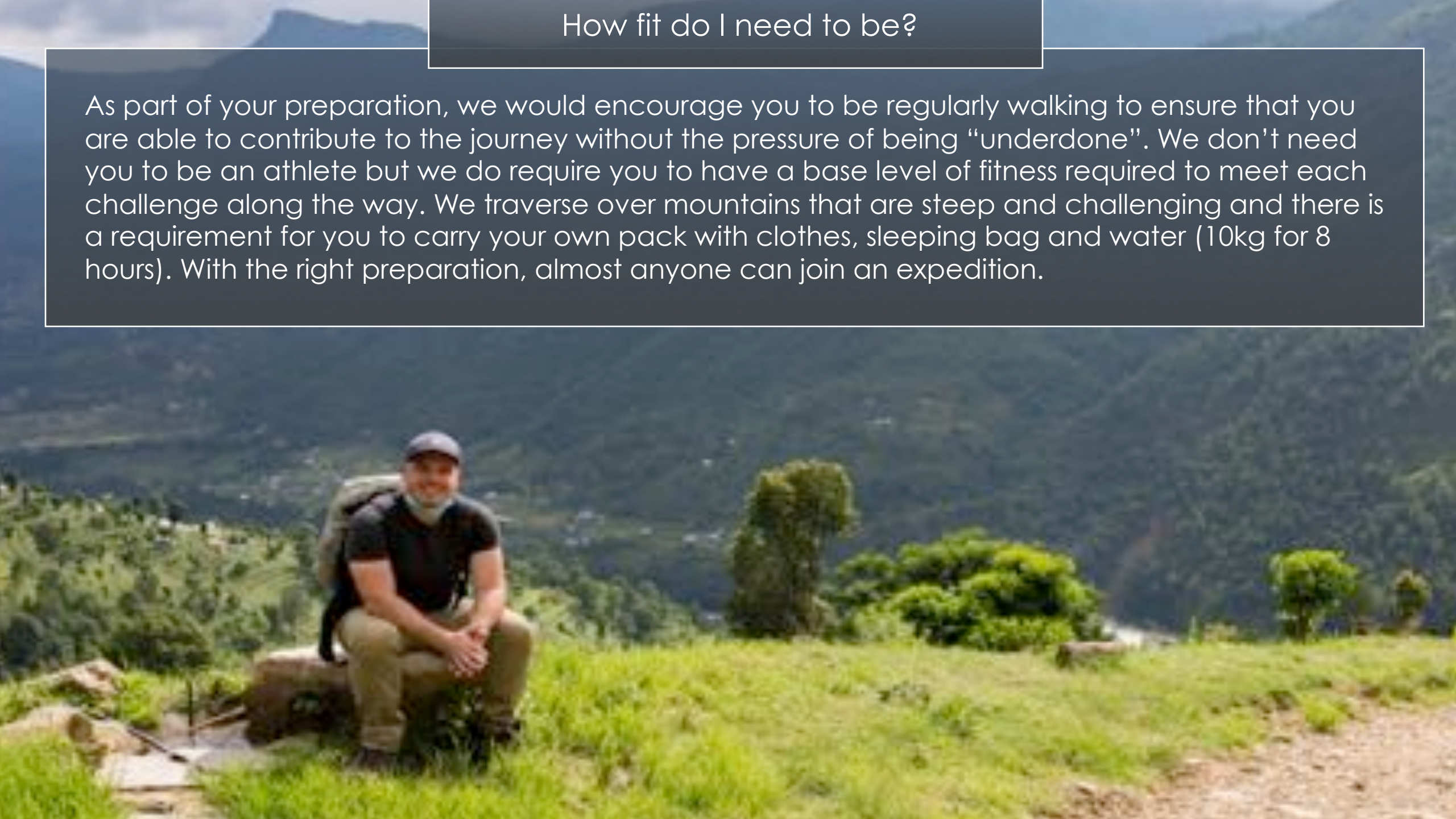


Day	Location	Activity	Admin and Logistics
1 (18 th Feb)	Australia to Kathmandu	Fly out of Australian capital city	Airport transfer to hotel in Thamel
2	Kathmandu (KTM)	<ul style="list-style-type: none"> Orientation day Team leader briefs (personal security, hygiene, water purification, cultural considerations, clinical supervision and expectations) Afternoon city tour with the open air Hindu crematoria 	This is an orientation day to allow the team to settle into their surroundings. Opportunities to change money, buy trekking gear and participate in a tour. Meals (B - -)
3	Kathmandu	<ul style="list-style-type: none"> Pharmacy stock up and med kit preparation 	Organise and restock the medical kits, purchase the medication and free time in the afternoon. Meals (B - -)
4	Helambu Region	<ul style="list-style-type: none"> 4x4 jeeps to village clinics Set up camp Establish the clinic 	Establish the clinic after consultation with community leaders Twin share camping /Meals (B L D)
5	Helambu Region	Facilitate the primary health clinics	Twin share camping /Meals (B L D)
6	Helambu Region	Facilitate the primary health clinics and/or community education at local school	Twin share camping /Meals (B L D). Note: Basic first aid training for local school staff
7	Helambu Region	Facilitate the primary health clinics and/or community education at local school	Twin share camping /Meals (B L D).
8	Helambu Region to Kathmandu	<ul style="list-style-type: none"> Facilitate the clinics in the morning and then 4x4 jeep back to KTM Twin share hotel in Kathmandu 	Twin share hotel. Meals (B L -)
9	Kathmandu to Pokhara	Bus from KTM to Pokhara	Expedition staging area. Twin share hotel. Meals (B - -)

Day	Location	Activity	Admin and Logistics
10	Annapurna National Park	Trek from Nayapul and trek to Tirkhedhunga	Fundamentals of Remote Medicine Course training: Theory and Practical scenarios will be run during the trek. Tea house accommodation /Meals (B L D)
11	Annapurna National Park	Trek to Ghorepani 2,860m	Fundamentals of Remote Medicine Course training: Theory and Practical scenarios will be run during the trek. Tea house accommodation /Meals (B L D)
12	Annapurna National Park	Trek to Poon Hill 3,210 m and down to Tadapani	Poon Hill summit: Team members pair up and conduct an medical response assessment taking into account distance, time and availability of resources. They will construct and emergency management plan that incorporates an initial response and an evacuation procedure. Tea house accommodation /Meals (B L D)
13	Annapurna National Park	Trek to Ghandruk 1,950 m	Fundamentals of Remote Medicine Course training: Theory and Practical scenarios will be run during the trek. Meals (B L D)
14	Annapurna National Park	Trek to Nayapul and drive back to Pokhara	Fundamentals of Remote Medicine Course: Final theory assessment. (B L -)
15	Pokhara	Green Pastures Hospital Tour	Laundry, hot showers and free afternoon. Meals (B - -)
16	Travel from Pokhara - KTM	White Water rafting day	Note: Grade 3 rapids are only permitted under the risk mitigation strategy. Meals (B - -)
17	Free day in Kathmandu	Shopping and free time	Farewell dinner in Kathmandu (B - -)
18 (6 th March)	Fly Home	Airport drop off – Fly KTM to Australia	Airport transfers included

How fit do I need to be?

As part of your preparation, we would encourage you to be regularly walking to ensure that you are able to contribute to the journey without the pressure of being “underdone”. We don’t need you to be an athlete but we do require you to have a base level of fitness required to meet each challenge along the way. We traverse over mountains that are steep and challenging and there is a requirement for you to carry your own pack with clothes, sleeping bag and water (10kg for 8 hours). With the right preparation, almost anyone can join an expedition.





A group of people, including a man in a black beanie and a woman in a pink headscarf, are gathered around a person lying on a stretcher. A man in a black shirt is attending to the person on the stretcher. The scene is outdoors, with a dirt ground and a building in the background.

How many in the team?

Team sizes are normally around 10 and vary depending on the community needs however they consist of both males and females varying in age and experiences. In addition to this your team will work with local medical specialist and we have a local support crew that consists of translators porters, cooks and guides. You will likely have two lecturers as well as an Australian based Wild Medic guide with you for the entire journey.



The in-country support staff

Planet Medic provides employment opportunities to the local population as these are the experts in that area. The in country support staff are responsible for logistical support to the expedition and provide:

- Expedition planning assistance
- Drivers / transfers
- Hotel / Guesthouse accommodation post trek
- Expedition cook team and all food whilst on trek
- Expedition tent supply (Twin share)
- Emergency and evacuation support
- Warm hospitality and an experience to remember





Anyone wishing to travel outside Australia will need a valid passport with at least 6 months to expiry. Most nationalities can obtain a Nepalese Tourist Visa on Arrival at Kathmandu airport (NOTE – you need to carry at least 4 x passport pictures with you). Visa application forms are available inside the arrivals hall and for people with electronic passports there are now visa registration machines in the immigration hall itself.

Getting through immigration can take over an hour sometimes however this can be good patience for Nepali time! A single-entry visa valid for 15 days cost \$25USD and it is advisable to have this in exact \$\$USD. Please mark your reason for travel as trekking. Longer visas are available for stays up to 30 days (\$40USD) and 90 days (\$100) and you will require a passport photos to obtain your visa. For further information on entry into Nepal, please visit: <http://www.immi.gov.np/>



Vaccinations and personal medical care

Medical facilities outside developed countries are basic and quite limited in nature. In some locations there are international clinics however these can be expensive and up-front cash payment for services is generally required. In the event of a serious illness or accident, medical evacuation to a destination with appropriate facilities may be necessary and evacuation costs would be considerable.

Prior to departure participants are advised to seek consultation with a reputable travel doctor for country specific information regarding immunisations, preventive care and health issues. Remember that some courses of immunisations can take six months to complete so the sooner you begin this process the better. Please organise a consultation prior to departure.



Food

Your team will have a Nepali cook team with you from the moment you leave Kathmandu until the end of your trek phase. This team are experts in field cooking and will provide everything from traditional Nepali dishes to western style food and even pizza, all the while cooking on two open flames! It is something to see. They are very keen to practice English with you and will share stories from working as high as camp 4 on Everest! Please be aware that due to the remote and seasonal nature of this village we are sometimes unable to cater for specific dietary requirements.





Water Sanitation

Water is available in the wider valley through a gravity fed system that runs through the foothills. This water is mountain water however it has passed through multiple communities above you and therefore should be treated prior to use. Multiple treatment options should be considered including boiling, filtering, UV treatment and chemical treatment. We encourage all participants to avoid bottled water as this only adds to the rubbish problem in Nepal.





Toilets / showers

Showers! Not likely, not in the clinical phase but yes in Kathmandu and Pokhara. You are more than welcome to jump in a mountain stream however we would ask that no shampoos or soaps enter the water ways. Previous teams have included camp showers within the kits and may be available.

Rubbish

You will quickly become aware that there is no formal rubbish disposal system in the rural areas and the population are largely unaware of the environmental and health related implications of litter. For now teams are encouraged to remove as much packaging as possible prior to departing, in the village we have an incinerator that, although is not ideal, is the only solution currently available.





Health Clinic Operations

In the project phase the clinic is run the clinic from 9-4 ensuring you break for lunch. This can be fatiguing work so ensure that the teams rotate through each position and at least one person is resting.

It is likely that your translators have become quite familiar with the questioning procedure and are keen to impress so ensure you remain in control whilst also being encouraging as we can learn lots from each other! Teams will be working alongside Nepali based allied health professionals, it is imperative that you support the role they are engaged in and take it as a learning opportunity.

Remember we are their guests.



The course

The fundamentals of remote medicine program is to be run over a 5 day time period within the Annapurna National Park. This program introduces the skills and knowledge required to recognise and respond to life threatening emergencies using basic life support measures to sick and injured patients in remote mountainous locations. Incorporating contemporary and evidence based techniques and equipment to extend the care giving capability of the Remote Area Wilderness Medic. Remoteness relates to distance, extended time response, difficulty of access and egress.

Classroom in the Himalayas

Entry Requirements

It is recommended that participants have literacy and numeracy competencies equivalent to National Reporting System (NRS) Level II. Adequate numeracy, literacy and comprehension competencies, and physical strength and agility to be reasonably expected to cope with the theoretical and practical requirements of the course. Basic navigation proficiency will be beneficial but not a prerequisite.

Delivery Strategy

A variety of delivery modes will be used, including theory presentation, practical demonstrations, practice, and scenario management. Strategies should be selected to reflect the nature of the learning outcome and the needs of the participant, with related professional development and vocational application.



Certificates

Certificate – Fundamentals of remote medicine

Certificate – Fundamentals of Humanitarian medicine (Optional online course)

Certificate – Humanitarian Health Assistant (The Wild Medic Project)

Topics covered in course phase

- ✓ Wilderness emergency response coordination
- ✓ Expedition planning
- ✓ Search and rescue techniques
- ✓ Steep terrain travel
- ✓ River crossing techniques
- ✓ Use of improvised stretchers and splints
- ✓ Leadership and teamwork
- ✓ Remote area communications
- ✓ Basic Navigation
- ✓ Improvised medical techniques
- ✓ Expedition Medical Kits
- ✓ Emphasis on cold injury, high altitude conditions and avalanche awareness



Are you the right person?

Please be honest with yourself when contemplating your involvement in a deployment with Planet Medic. These expeditions and placements are NOT bus about tours or a holiday. These expeditions are hard work and it is not our intention to misguide you regarding the reality of the deployments or scare you in any way, but our aim is to have the finest people in place and ensure they are prepared in every aspect of a deployment. For this reason we will ensure you have all the necessary information for you to make an informed decision about your involvement.

Whilst engaged in a project you will sleep rough, eat rough, travel rough basically you will live rough for the duration of these mini expeditions and they are a test of patience and character. The hours are long, logistics unreliable in every sense of the word and the reality of peoples perilous situations is confronting and in your face, not to mention you may be cold, wet, hot or dusty for extended periods of time. Whilst all this is going through your head you will also be contemplating the fact that you not only volunteered to be here but you worked hard to get here and paid a lot of money as well!! Further to this, once you have deployed to the project site there is no quick fix or escape due to the sometimes logistical nightmare of operating within these environments and your own awareness of this aspect is equally important as your own ability to self-assess your emotional and physical suitability.

As we stated earlier in this hand book these expeditions are life changing experiences for you but in comparison, the communities you assist benefit tenfold to your alleged sufferings. The fact you have volunteered to put your skills to good use and make a difference is a good start but we need to ensure you have also placed a lot of thought into your own suitability for these experiences. We will provide as much information regarding the projects as available to us at the time to assist your own preparation but at the end of the day it's your experience and responsibility. Our team is committed to support you both prior, during and post deployment. It's just important that we get the right people to ensure consistency and are successful in our goals.

To be successful in this role you must be accepting, adaptable and honest. If you're struggling, let someone know. It requires a level of flexibility you never knew you had and a never ending supply of patience. This work presents emotional, physical and personal challenges that will drain you to the core however most clinicians are already well suited and quite adaptable.

So that's the caution notice. Please please consider your own suitability – if you are high maintenance you probably would be best suited to a different type of voluntary position. That said, if you want a challenge, this is it. You will laugh and cry, hurt and heal, but your involvement will do more for people than you will ever be aware. So that's it, be honest now rather than realise once you are 2 days into the wilderness!



General Kit List (recommended)

1 x passport and protective case
1 x watch (make it a relatively cheap one)
1 x sleeping bag (rated at least -10 degrees celcius)
1 x Therm-a-rest / trek mattress
1 x small pillow
1 x gortex rain jacket
1 x towel
1x large dry bag
2x small dry bag
1 x camera + chargers
1 x head torch + spare batteries
1 x Spare torch
1 x Pocket knife or Leatherman
1 x sunscreen & Insect repellent
2 x 1 Lt Water bottles

3 x shirts and pants (zip offs)
1 x water purifier
1 x good book to read and maybe leave
1 x journal
1 x hat
1 x hiking boots
1 x thongs / sandals
Toiletries (toothbrush, paste, wipes etc.)
Personal medic kit (nasal spray, throat gargle, electrolyte ect)
Balls, cards, souvenirs for villagers/donations for health centre etc.
Normally a 60 to 70Lt rucksack is ideal for all expeditions



Winter weather additional kit list

- 1 x warm vest
- 1x wind breaker / rain jacket
- 1 x fleece (recommend this stays in your sleeping bag for warmth at night)
- 3 x quick dry t-shirts
- 1 x long sleeve hiking shirt (light)
- 2 x thermal sets (recommend merino)
- 2 x long hiking pants (recommend zip offs)
- 4 x socks
- Underwear (if you wear it)
- 1 x water proof gloves
- Don't forget a beanie – Kathmandu is great for this!

Medical Kit List

- A quantity of medical gloves your size!
- Personal Stethoscope
- 2 x Pen light
- SpO2 / HR monitor (check eBay!)
- 1 x Trauma shears
- 1 x Tweezers
- 1 x CPR Facemask/shield
- 1 x Pain log (sliding scale)
- 1 x Space blanket
- 1 x Safety glasses
- Personal water purification system (tabs, UV or chemical)
- Hand wash kit (hand shower, brush, soap) or ETOH hand rub
- 1x Notepad and pen

Fundraising

Raising funds for Nepal

The overall goal of the project is to improve primary health care access within the regions we visit. As part of this, we have initiated a fundraising goal (\$300) for each participant to achieve prior to departure to Nepal.

Why?

Previous expeditions have voiced an overwhelming feeling of satisfaction when they were able to put their own money raised to work in order to improve the lives of the local population. It also gives those who can't travel a way of making an impact without physically getting on a plane to deliver supplies to the communities.

What are the funds specifically for?

A small portion of the funds will go towards purchasing required medications for the community you will be visiting, the remainder is spent on projects that we have earmarked such as toilet blocks, community shade shelters and hygiene items.

How much do I need to fundraise?

A \$300 AUD minimum has been set as this is very achievable and is enough to make a difference in these struggling communities putting smiles on faces. This can assist in purchasing vital medications in Kathmandu for the trip to Helambu. It enables a greater level of assistance immediately.

How do I fundraise?

Please feel free to create your own fundraising page via a suitable platform

Please share it with your friends and family and online. It may just boost your fundraising through the roof!

Once you have hit your goal, please contact us to make a direct bank deposit directly to the community you are heading to:

admin@planetmedic.com.au



Health Clinic Operations

Medical Guidelines

Teams work in a field environment and with a high degree of autonomy. For this reason, it is essential that participating medics adhere to best practice principles regarding clinical care and interventions. To ensure participants maintain best practice the following guidelines are to be applied

- All independent clinical workers must hold a minimum Diploma level health related qualification or higher (Paramedicine, Ambulance or Nursing). Any team members who are currently studying or hold lower qualifications than the Diploma level will always be supervised by a qualified Paramedic, Nurse or Doctor
- Workers will follow the Paramedic Australasia (PA) Paramedic Professional Competency Standards at all times. These can be viewed online at: www.paramedics.org/paramedics/competancy-standards
- Workers will follow any health directives as dictated by the Government of the country they are operating in.
- Where ever possible we will register participants with the Health Ministry of the country you are to in
- No invasive procedures will be performed without prior consultation with the Earth Trails Operations Team.
- Pharmacological interventions can only be performed in consultation with the Nepali clinical leader.
- Primum non nocere is a Latin phrase that means "first, do no harm." Although difficult for many clinicians to hold back in certain circumstances, remember it may be better to do nothing sometimes than to risk causing more harm in attempting treatment. All participants will adhere to the "Do No Harm" philosophy.



Code of Ethics

Participants agree to uphold the values of the Vision and abide by the expedition Code of Ethics.

Relations with communities in developing countries

- ✓ Ensure total respect for existing cultural practices.
- ✓ Consider the views, interests and concerns of those receiving care.
- ✓ Understand the culture before arriving in the community.
- ✓ All information recorded in the course of aid work must be treated with respect and sensitivity to cultural beliefs and values
- ✓ Uphold high standards of personal and professional integrity.
- ✓ Avoid all discriminatory practices.
- ✓ Do not exploit the recipients of the aid in any form whatsoever.
- ✓ Be aware of not passing on sensitive information to third parties that may endanger the welfare of the people you are helping.
- ✓ Seek feedback from the community.



Code of Ethics

Team members

- ✓ Always serve as a team player.
- ✓ Understand and comply with the rules of the organisation.
- ✓ Respond to the directions and commands of the team leader.
- ✓ Conduct yourself at all times in a professional manner.
- ✓ Encourage the development of effective communication, understanding and co-operation between fellow team members



FLIGHTS AND INSURANCE

Return international flights are provided through the university. We do provide travel insurance on a group policy. The travel insurance product disclosure document will be emailed to you. The cover includes:

- Personal accident & sickness
- Personal liability insurance
- Medical evacuation
- Repatriation
- Political & natural disaster evacuation
- Search & rescue expenses



The Program

INCLUSIONS:

Comprehensive travel insurance
Airport transfers
All transport including drivers & insurance during the entire experience
All accommodation during the experience
Most meals
Australian based expedition leader
All government permissions and permits
All medications and medical equipment during the community clinic phase
Supervising doctor during the community phase
SASANE visit
Fundamentals of Remote Medicine
Summit attempt on Poon Hill (weather dependant)
White water rafting day
All Porters , Sherpas and a team ICA
Expedition Handbook
Team Expedition Jacket, T-Shirt, duffel bag (Used as your main pack)
Private tour of Kathmandu City with the open air Hindu crematoria

EXCLUSIONS

International flights
Visa (\$40 USD on arrival)
Passport cost
Personal trekking gear
Any food not listed
Extra food / drinks
Calls home/ internet
Cancelation insurance
Personal Protection Equipment (PPE)
Personal equipment eg. stethoscope



COST

AUD \$ 4350

DATES

18th February – 7th March
2020

How do I grab a spot?

Please contact your lecturer or university to apply for a position – These teams generally fill up quickly so don't delay!



Wild Medic BOOKINGS INFORMATION

The Wild Medic Project reserve the right to update, change or modify these terms and conditions at its discretion without prior notice and you agree to abide by the most recent version implemented. In the event that any changes are made, the revised terms and conditions shall be posted on this website immediately. Please check the latest information posted herein to inform yourself of any changes. Once you have reviewed the itinerary and information provided by Earth Trails on the upcoming expedition, to secure your place you will need to do the following:

- Transfer the entire amount to the university by the date specified by your university.

Full payment due

Full payment of the balance is to be paid in full 12 weeks prior to the departure date. If your booking is made within 90 days of the departure date, then the full amount is payable at the time of booking.

Payment Options

Please refer to university for details

Your details

In order for us to confirm your travel arrangements you must provide all requested details with the balance of the trip price 90 days prior to departure date. Necessary details include full name as per passport, date of birth, nationality, passport number, passport issue and expiry date and any pre-existing medical conditions you have (which may affect your ability to complete your travel arrangements). On some more demanding trips we also require you to complete and forward a Self-Assessment form. Your booking cannot be confirmed without provision of these details.





Cancellation by Earth Trails

We may cancel an expedition if minimum numbers are not met. For this reason we advise participants only to book flights once minimum numbers have been met (Unless flights are included in the package or a university trip). We may cancel an expedition at any time up to 60 days before departure for administrative reasons. We may cancel a trip at any time prior to departure if, due to terrorism, natural disasters, political instability or other external events it is not viable for us to operate the planned itinerary. If we cancel your trip, you can transfer amounts paid to an alternate departure date or alternatively receive a full refund. We are not responsible for any incidental expenses that you may have incurred as a result of your booking including but not limited to visas, vaccinations, and travel insurance excess or non-refundable flights.

Cancellation by the traveller

A cancellation will only be effective when we receive written confirmation of the cancellation. If you cancel your expedition or placement:

30 to 90 days prior to departure, we will retain the initial \$650 deposit and 50% of the remaining balance paid;

30 days or less prior to departure, we will retain the initial \$650 deposit and 100% paid by you in connection with the booking.

If you leave an expedition or placement for any reason after it has commenced we are not obliged to make any refunds for unused services. All monies paid are non-refundable after commencement. If you fail to join a journey, join it after departure, or leave it prior to its completion, you are not entitled to a refund of any payments made by you.

Passport and visas

You must carry a valid passport and have obtained all of the appropriate visas, permits and certificates for the countries in which you will visit during your trip. Your passport must be valid for 6 months beyond the duration of the trip. It is your responsibility to ensure that you are in possession of the correct visas, permits and certificates for your trip; please refer to the Trip Notes for details. We are not responsible if you are refused entry to a country because you do not hold the correct passport, visa or other travel documentation.

Booking flights and travel insurance

WMP advises that if flights are included in the package, they will be booked once your full payment is received (90 days prior to departure) and once the trip is confirmed to have minimum numbers. Planet Medic includes the purchase of comprehensive travel insurance.

It is your responsibility to read the product disclosure policy that will be sent to you via email before agreeing that this is adequate for your needs. If you have any pre-existing medical conditions, this must be disclosed to our team prior to departure. You must advise us if you require a more comprehensive or alternative cover for your trip.

Authority on tour

When an expedition leader is designated, the decision of the expedition leader is final on all matters likely to affect the safety or well-being of any person participating in the trip. When an expedition leader is unavailable a project host will assume this responsibility. If you fail to comply with a decision made by a group leader, or interfere with the well-being or mobility of the group, the group leader may direct you to leave the trip immediately, with no right of refund. We may also elect not to carry you on any future trips booked. You must at all times comply with the laws, customs, foreign exchange and drug regulations of all countries visited.

Acceptance of risk

You acknowledge that the nature of the trip is adventurous and participation involves a high degree of personal risk. You will be visiting places where the political, cultural and geographical attributes present dangers and physical challenges greater than those present in our daily lives. We use information from government foreign departments and reports from our own contacts in assessing whether the itinerary should operate. However, it is also your own responsibility to acquaint yourself with all possible relevant travel information and the nature of your itinerary. Passengers must ensure that they are suitably fit to allow full participation in the trip. It is your responsibility to ensure that you obtain proper and detailed medical advice at least two months prior to travel for the latest health requirements and recommendations for your destination. You acknowledge that your decision to travel is made in light of consideration of this information and you accept that you are aware of the personal risks attendant upon such travel.

You acknowledge that Planet Medic has provided you with a risk warning and these risks include, but are not limited to:

- Personal injury and loss (including financial loss) and damage;
- Personal injury and loss (including financial loss) resulting from your actions, and/or actions of others; and
- Loss or damage to personal property whether it be lost, stolen, damaged or destroyed.

You acknowledge that you fully understand these risks and participate freely and accept the risks involved.

You agree to release and indemnify Planet Medic, you will not hold responsible Planet Medic, its officers, employees, volunteers or agents from all claims and liabilities whatsoever, associated with your participation in any Planet Medic project or activity.

You state that you are physically and mentally capable of participating and that you have fully read this form, in particular the 'acceptance or risk'.





Release and waiver of liability

In consideration of WMP accepting your booking application and in consideration of you being permitted by us to join the expedition to the extent permitted by law:

You release, waive, discharge, hold harmless and agree to indemnify Wild Medic Project and its volunteers, guides and other representatives and the land management authorities in the countries in which the expedition is conducted from all claims, actions or losses for bodily injury, property damage, wrongful death, loss of services, lost profits, consequential, exemplary, indirect or punitive damages or otherwise which may arise out of or occur during your travel in connection with the expedition or any activities conducted in conjunction there within unless caused by the wilful negligence or wrongful act of WMP and its volunteers; and regardless of the situation or circumstances giving rise to the claim you waive any claims you have, or may at any time have, against WMP and its volunteers and you agree, by accepting the additional inherent dangers and risks associated with the expedition, not to make any claim against or seek any compensation from WMP and its volunteers in respect of any personal injury, illness or death suffered by you or damage to or loss of property sustained by you as a result of your participation in the expedition.

Medical Disclosure

- You declare and warrant that
- You are in good health and mental and physical fitness at the time of booking this expedition;
- You have disclosed to WMP every matter concerning your health and mental and physical fitness of which you are aware, or ought reasonably be expected to know, that is relevant to Planet Medic decision to permit you to go on the expedition;
- Immediately upon any adverse change in your health or fitness that may be likely to affect WMP decision to permit you to go on the expedition, you will notify Planet Medic in writing of any such adverse change.
- We may exclude you from a tour staff deems it necessary. You acknowledge that the obligation to disclose under this condition continues from the time of booking the expedition through to departure and extends for the duration of the tour.
- You have taken the necessary precautions to immunise/vaccinate for the destination you are travelling to.

If you fail to comply with the duty of disclosure in this condition and if WMP would not have permitted you to undertake the tour, or continue participation of the tour, had you made full disclosure under this condition, Planet Medic will not be liable, except to the minimum extent required by law, for personal injury, death or property damage or loss incurred by you



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