





IATA # 02359582  
 Our Travel Manager - Andrea Turner  
[andreat@travelmanagers.com.au](mailto:andreat@travelmanagers.com.au)  
 Ph: 0414596945



Please post, email or fax this form to Wayne Enright – *Free Spirit Adventures*  
**17 Kent Avenue Seacombe Gardens SA 5047**

Ph/fax: 08 83772415      Mobile: 0421 598 465  
 Email: [wayne@freespiritadventures.com.au](mailto:wayne@freespiritadventures.com.au) Website: [www.freespiritadventures.com.au](http://www.freespiritadventures.com.au)

### Health

7. Any Special Dietary Requirements?

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8. Any Allergies?

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9. **By signing this form, I declare that I am fit to travel and participate in all activities included in the itinerary being booked / I do not have any medical conditions or injuries apart from those listed below which will not hinder my ability to participate:**

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### Travel Information

10. Frequent Flyer Airline \_\_\_\_\_ Number: \_\_\_\_\_ (Only if applicable)

11. **For Independent Departures** (Only if not booking packaged flights)

Departure City \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Time \_\_\_\_am/pm

Airline \_\_\_\_\_ Flight Number \_\_\_\_\_

Return Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Time \_\_\_\_am/pm Flight # \_\_\_\_\_

12. **Do you have travel insurance?** YES / NO **Policy Number:** \_\_\_\_\_

If not, please contact Andrea Turner asap to organise Travel Insurance.  
[andreat@travelmanagers.com.au](mailto:andreat@travelmanagers.com.au) Ph: 0414596945



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### Tour Details

**13. Tour Dates:**

**14. Have you completed & returned the Medical Information Form?      YES /NO**

If not, please complete the form and return it to Free Spirit Adventures no later than 6 weeks before departure. We recommend consulting your Doctor for a medical checkup a couple of months before the trip to ensure that you are in good health and that any necessary vaccinations & medications have been dealt with. (if you do not have a regular GP, visit [www.traveldoctor.com](http://www.traveldoctor.com) for your nearest Travel Doctor)

**16. Would you like to hire any of the following items? Please circle Yes or No**

- Personal Porter** (\$150 USD)      YES/NO

Group porters are included in the package to carry food, cooking equipment, tents and other camping gear etc. Over 4 days of high altitude terrain, we would recommend the services of a personal porter to carry sleeping bag, spare clothes, toiletries & other items of a personal nature. You would then only need to carry a daypack of about 5 kgs, for easy access to water, snacks, self-care items, torch & warm top.

- Sleeping bag** (\$30 USD)      YES / NO

- Inflatable Mattress** (\$30 USD)      YES / NO

If you have a warm, light weight & compact sleeping bag & inflatable mattress that you can fit into your luggage, you are welcome to bring them. Otherwise we would recommend hiring a sleeping bag & or mattress for the 4 days of the trek. All other accommodation will not require them.

### Emergency Contact

**17. Person to be contacted in case of emergency** \_\_\_\_\_

Work Ph \_\_\_\_\_ Home Ph \_\_\_\_\_ Mobile \_\_\_\_\_

### Declaration

By signing this form, I acknowledge that I have read, understood and agree to the Booking Conditions set out by Free Spirit Adventures, Travel Managers & Adventure World.

Traveller's Full Name: \_\_\_\_\_

Traveller's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please email any changes to your details to [wayne@freespiritadventures.com.au](mailto:wayne@freespiritadventures.com.au) or phone: 0421 598465