
Meal Option*:								
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- Meat
- Vegetarian
- Vegan
- Gluten-Free

Passport Number*:								
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What is your proficiency level in English ?/								
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- Fluent
- Basic Understanding
- No English

Do you speak Vietnamese								
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- Yes
- No

Tent Requirement*:								
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<i>Note: Shared tents are for traveling companions; you are not required to share</i>								
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- Single
- Double Shared

Room Requirement*:								
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- Single
- Double Room
- Twin Room

If you have chosen to share, who are you sharing with?:								
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Height (feet or m)*:								
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Weight (lbs or kg)*:								
<i>We all have a target weight in mind, but please put your current weight</i>								

During the last five years have you been hospitalized (not including childbirth)? *								
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During the last five years have you suffered any significant or recurrent illness? *								
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Are you waiting for any hospital appointments or tests? *								
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Do you have any allergies to medical drugs, food, insect bites or plants? *								
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Do you carry an EpiPen? *								
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Please list all medications that you are taking, including herbal supplements, over-the-counter medications, and prescription drugs (please include dosage and frequency). *								
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Do you have any hearing problems? *								
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Do you require glasses/contact lenses other than for reading? (If so you must wear these when caving.)								
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Do you have high blood pressure or any heart conditions?*								
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Do you have asthma, other breathing problems, diabetes or epilepsy? *								
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Do you have depression, anxiety, or a history of mental health issues? *								
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Do you have an extreme fear of heights?								
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Do you have any leg, back or joint problems? *								
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Do you have any other medical or fitness conditions of which we should be aware? *								
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<p>If you have answered "Yes" to any of the above questions, please provide more information here:</p>								
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<p>Can you carry out the following activities:</p>									
	<p>Comfortably walk 10 kilometers/6 miles with at least one hill of 300-400m/900-1200ft?</p>								
	<p>Walk confidently over rough ground, and be able to scramble up and down rocks and boulders?</p>								
	<p>Easily climb over a wall about the height of your waist?</p>								
	<p>Walk up 6 flights of stairs without stopping and without getting out of breath?</p>								
	<p>Walk 3 kilometers/1.5 miles over rough ground in less than 1 hour?</p>								
	<p>Climb up or down short steep slopes using a rope? (safety equipment will be used at all times)</p>								

<p>Please describe your daily/weekly exercise activities in detail: *</p>								
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<p>Please describe your caving, trekking, climbing, or outdoor experience in the last five years: *</p>								
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<p>Please list any additional relevant experience/information:</p>								
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<p>Special Requirements</p>								
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<p>If you are making your booking with others, please indicate if you would like a separate or combined invoice. If the invoice is combined, please indicate who will be on the same invoice as you.</p>								
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We will ask you to complete a number of questions related to your fitness and medical history once you have selected your dates. These questions are to help us ensure you have a safe and enjoyable trek and is not intended to exclude you. Please be detailed in your answers otherwise your reservation will be rejected – “regular walking”, “going to gym”, are not considered detailed. Your full payment is required by credit card if your reservation is accepted.