To whom it may concern,

.....(trekker name) has booked a trek in the Simpson Desert with Great Desert Walks, commencing on ..... (date).

Considerations for Participation in the Trek and Desert Environment:

- **Walking Requirements:** Participants must be prepared to walk 10–15 km daily, traversing firm sandy swales (inter-dune corridors) and climbing up and down soft sand dunes. The entire Trek involves bushwalking and there is no riding of the camels.
- **Sleeping Arrangements:** Trekkers will sleep in swags on the ground each night.
- **Swag Management:** Trekkers must carry their swag from the camel to their chosen sleeping spot (perhaps up to 150 metres) and set it up and roll it independently.
- **Mobility:** Trekkers must be able to enter and exit motor vehicles unassisted.
- **Water Handling:** Participants must be able to decant water from a full 20-litre water container.
- **Breaks:** Participants must be able to rest and sit on the ground during breaks, including at lunchtime.
- **Camel Assistance:** Trekkers *may* be asked to assist with loading and unloading camels daily, which *may* include handling heavy items such as 20 kg water containers.
- **Toilet Facilities:** No formal toilet facilities are available. Trekkers must be able to squat to the ground unassisted when necessary.
- **Medical Considerations:** While immediate medical assistance from the trek medic is available, emergency medical evacuation may not always be feasible due to the remote location.

Under our policy of requiring medical clearance, and to help prevent the possibility of an uncomfortable removal from the trek, is there any preexisting medical condition that would prevent.....(trekker name) from participating in this trek?
(Please circle your answer) YES NO

Do you believe.....(trekker name) is physically capable of completing this trek? *(Please circle your answer)* YES NO

SIGNED..... DATE.....

PRINT NAME..... MEDICAL PRACTICE STAMP