

**UKHAMMOCKS PRE-EXPEDITION MEDICAL QUESTIONNAIRE AND
MEDICAL INFORMATION SHEET**

Personal details

Name: _____

Date: _____

Address: _____

Home telephone: _____

Work telephone: _____

Age: _____

Date of Birth: _____

Passport details: Nationality: _____

Passport number: _____

Place of issue: _____

Date of issue: _____

Date of expiry: _____

Next of kin:

Name: _____

Address: _____

Telephone/fax: _____

Relationship: _____

GP details:

Name: _____

Address: _____

Telephone/fax _____

Current medical problems:

1. _____

2. _____

3. _____

Past medical problems:

1. _____

2. _____

3. _____

Past psychiatric history:

Current medication:

Allergies (drugs, food, environmental):

Immunisations (with dates):

Routine:

- Diphtheria.....
- Polio.....
- Tetanus.....

Travel:

- Hepatitis A.....
- Gamma-gobulin.....
- Hepatitis B.....
- Japanese encephalitis.....
- Meningococcal meningitis.....
- Tick-borne encephalitis.....
- Tuberculosis (BCG).....
- Typhoid.....
- Yellow fever (if transiting).....

Blood group: _____

Itinerary:

Country: _____

Departure date: _____

Return date: _____

Total length of trip: _____

Insurance

Travel insurance company: _____

Policy Number: _____

Claims Contact number: _____

Evacuation/Repatriation Company: _____

Policy number: _____

Claims contact number: _____

Signed..... Date.....

*This Document will be sealed into the Medical pack for the duration of the expedition and destroyed upon our return to the UK

Pre-Expedition Health & Safety Information

Travel safety info:

Up to date travel advice for Brunei issued by the Home Office is available here and should be consulted before departure:

www.gov.uk/foreign-travel-advice/brunei

Health info:

You will need to visit your doctor 6-8 weeks prior your date of departure to request professional advice with regards to endemic medical risks and required vaccinations for Borneo, be sure to inform your doctor that you will be operating in remote rural and wilderness environments and your expected duration in country.

We recommend that you specifically seek professional advice with regards to receiving the following immunisations:

- Ensure all routine immunisations are up to date. Eg Polio, Tetanus, MMR etc
- Cholera
- Diphtheria
- Hepatitis A
- Hepatitis B
- Japanese encephalitis
- Rabies
- Typhoid

Additionally we recommend that you request information on the following diseases for which no Vaccine or prophylaxis is currently available:

- Dengue
- Chikungunya

We also recommend a routine check-up with your dentist to help avoid any dental problems presenting in country, and if you are female and there is any possibility that you may be pregnant we strongly recommend a pregnancy test to preclude this possibility before embarking on this expedition.

Be aware that a **Yellow Fever vaccination certificate may be required for people travelling from, or who are in airport transit for more than 12 hours within, a country with risk of Yellow Fever transmission.**

Malaria

Please note that although the NHS (National Health Service) and CDC (Centres for Disease Control) do not recommend Malaria Prophylaxis for travel to Brunei due to the low risk of infection, we strongly recommend that for the purposes of this expedition a course of Malaria Prophylaxis is taken as we will be operating very close to the border with Malaysian Sarawak which is recognised by the NHS and CDC as a country with a Malaria risk and mosquitos are not known to respect international borders.

We recommend that, with the professional consent of your doctor a course of Doxycycline be prescribed for Malaria prophylaxis. Whilst a variety of drugs are available we recommend Doxycycline for the following reasons:

- Should your supply of Doxycycline be lost or damaged during the course of the expedition it is comparatively easy and inexpensive to procure a replacement supply in county, thus negating the need to change drug regime mid-term.
- Doxycycline is also a prophylaxis against a number of other infectious diseases including Leptospirosis and Rickettsiae. Protection from leptospirosis is especially important due to the regular and unavoidable immersion in rivers inherent to traveling through the jungle on foot.
- Where possible it is administratively convenient for everyone on expedition to be on the same daily regime.

Doctors are sometimes hesitate to prescribe Doxycycline as their first recommendation for malaria prophylaxis because it increases susceptibility to sunburn; medical practitioners and mindful that travellers frequently wish to voluntarily expose themselves to solar radiation in order to achieve a cooked complexion and may inadvertently become overcooked due to this side effect. Fortunately the jungle canopy and the clothing worn to avoid mosquito bites greatly reduces the potential for inadvertent sunburn, you should however be mindful of avoiding exposing your skin to the sun unnecessarily (This is good medical advice even when you're not taking doxycycline)

If you have not taken Doxycycline before we recommend a short trial course of medication a three weeks before departure to establish whether you are prone to any of the drugs possible side effects, allowing you time to switch to an alternative prophylaxis if necessary.

The in the following cases doxycycline will be unsuitable and an alternative will recommended by your Doctor:

- Women prone to getting vaginal yeast infections when taking antibiotics may prefer taking a different medicine
- Pregnant women (If you are pregnant you are prohibited from participating anyway)
- Persons planning considerable sun exposure
- Those who experience an upset stomach from doxycycline

Taking doxycycline incorrectly can lead to a sore throat or heartburn, Please heed your doctor's advice to take Doxycycline standing up and with plenty of water, from experience we suggest that you avoid taking it last thing in the evening before going to bed.

Medical questionnaire:

Please fill out the pre-expedition Medical questionnaire in full and return it to us at the earliest opportunity. We believe that you are the best judge of your own body, no matter what the ailment please log it down, we are not in the art of kicking people off expeditions because they have a medical issue or psychiatric history, however if we at least know about it in advance we can help you to assess your own development in the jungle and help where and when its needed.

Personal Fitness:

Your level of fitness will impact greatly on your enjoyment of this expedition.

The better your cardiovascular fitness the quicker you will acclimatise and less likely you will succumb to injury.

Running-You should aim to be able to run 1.5 miles on flat level terrain and within the time stipulated in the table below for your age and gender.

Males					
Age:	20-29	30-39	40-49	50-59	60+
Target time:	10:17-11:41	10:48-12:20	11:45-13:14	12:52-14:24	13:54-15:29
Females					
Age:	20-29	30-39	40-49	50-59	60+
Target time:	12:52-14:24	13:44-15:08	14:32-15:57	15:58-16:58	16:21-17:46

Swimming- When in country we will perform a swim test in a jungle water course, you will be fully clothed, although we have no expectation for you to win a gold we are simply looking for some form of swimming ability, if you cannot swim or consider yourself a weak swimmer please let us know and we can ensure we secure you a buoyancy aid, both myself and Stuart are extremely capable rescue swimmers and divers you have no need whatsoever to be concerned about your time in the water.

However as per our running guidelines I would like those of you who can swim to be able to complete a 300m swim in any stroke without stopping, and tread water for 60 seconds in the deep end

Walking-We recommend that you get out into rough terrain with your intended boots and pack loaded to 15kg to become conditioned to walking and maintaining your balance with an expedition load.

Aim to cover distances of 3-8 miles with a loaded pack over variable terrain, ensure if you see a puddle/stream/lake/river you jump in it, getting used to wet boots, socks and trousers is a great help towards the mind-set required for jungle travel.

