

FITNESS TO TRAVEL DECLARATION



PART 1 - FOR TRAVELLERS

LET'S TALK FITNESS

At Bunnik Tours we don't put specific age limits on our tours, but we also recognise some travellers may find our itineraries challenging. We have a duty of care to all tour participants and the tour guides, so we do impose a firm policy on the level of fitness required by all our clients to attempt to ensure your safety and the safety of other travellers on our tours.

At Bunnik Tours our goal is for all our travellers to enjoy their tour, not struggle through it! Which is why we want to work with you to ensure you are on the best possible trip for your fitness level. We do reserve the right to refuse bookings if we feel that the requirements of the tour are too demanding.

Bunnik Tours are for independently minded travellers with good levels of mobility.

Our tours include:

1. Generous amounts of free time
2. Lots of walking
3. Local and authentic experiences including various modes of transport and accommodation

Bunnik Tours travellers are required to at least:

1. Be able to walk 2-3 hours on uneven surfaces without the use of any walking aid, on any given day
2. Walk up multiple flights of stairs and short, steep hills
3. Stand for 20 minutes without needing to sit down, often in hot/humid climates
4. Manage their own luggage
5. Get on and off various modes of transport without assistance, including small boats

In some regions travellers can also expect:

1. Long days of travelling, at times on dirt and gravel roads in Africa
2. Extended periods at high altitude (3,000-4,000 metres) in Ecuador, Peru, Bolivia and Ethiopia
3. Extended periods of walking/hiking through humid forest areas in Rwanda, Guatemala, Mexico and Costa Rica.
4. Limited medical facilities in remote areas

ALL TRAVELLERS

Part 1 of this disclaimer must be signed and returned to Bunnik Tours within seven days of booking.

ALL TRAVELLERS 75 YEARS AND OVER

Part 2 of this form is a medical clearance which must be completed by your doctor and sent to Bunnik Tours within one month of booking. This form is to be completed in addition to Part 1. While we will still confirm your place on your tour, flight tickets cannot be issued until both completed forms have been received. Additional costs may be incurred if completed forms are not received by Bunnik Tours within these time frames.

SINGLE TRAVELLERS

Bunnik Tours generally does not accept bookings for single travellers 80 years of age and over without a travelling companion. Neither our Tour Director nor your fellow travellers are equipped to act as a carer.

EXCLUSION FROM TOUR

If the information you have provided is incorrect in the view of our tour guides or Bunnik Tours and your medical condition impacts the enjoyment of fellow travellers, or places you at risk, you can be removed from the tour. In this instance no refund will be provided for the unused portion of the tour and additional costs may be incurred to rearrange your flights.

By signing my name below, I certify that I have read and understand the above information.

Signature (Name):

(_____)

Date: ____/____/____



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PART 2 - FOR DOCTOR'S USE ONLY

Dear Doctor,

Your patient wishes to travel internationally with Bunnik Tours. There is an increased likelihood that older travellers will find our itineraries challenging, therefore it is our company policy that all travellers 75 years and over obtain medical clearance.

Due to the nature of our tours, a minimum level of fitness is required to be able to participate.

In fairness to your patient, other participants on the tour and the tour director, we urge you to consider carefully the ability of your patient to meet the requirements of this tour before completing this form.

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Bunnik Tours travellers are required to at least:

1. Be able to walk 2-3 hours on uneven surfaces without the use of any walking aid, on any given day
2. Walk up multiple flights of stairs and short, steep hills
3. Stand for 20 minutes without needing to sit down, often in hot/humid climates
4. Manage their own luggage
5. Get on and off various modes of transport without assistance, including small boats

ALL TRAVELLERS

Part 1 of this disclaimer must be signed and returned (by your patient) to Bunnik Tours within seven days of booking.

ALL TRAVELLERS 75 YEARS AND OVER

Part 2 of this form is a medical clearance which must be completed by you and sent to Bunnik Tours within one month of booking. While we will still confirm your patient's place on their chosen tour, flight tickets cannot be issued until both completed forms have been received. Your patient may incur additional costs if completed forms are not received by Bunnik Tours within these time frames.

SINGLE TRAVELLERS

Bunnik Tours generally does not accept bookings for single travellers 80 years of age and over without a travelling companion. Neither our Tour Director nor fellow travellers are equipped to act as a carer.

EXCLUSION FROM TOUR

If the information provided is incorrect in the view of our tour guides or Bunnik Tours and your patients' medical condition impacts the enjoyment of fellow travellers, or places themselves at risk, they can be removed from the tour. In this instance no refund will be provided for the unused portion of the tour and additional costs may be incurred to rearrange their flights.

Patient name:	Patient D.O.B: / /
Destination:	Date of travel: / /
Doctor's determination:	Authentication stamp