

# Muslim Hands **Kilimanjaro** Sponsored Trek

Information Pack



Green  
Ribbon  
Week  
2010



# Welcome!

## Mount Kilimanjaro 2010

**Welcome to your information pack for the sponsored climb to Mount Kilimanjaro in Tanzania.**

**July 13th - 22nd Green Ribbon Week 2010, raising money for children of war.**

We've all read tales of faraway lands, distant cultures and awe-inspiring adventures. Muslim Hands is taking one such adventure to Mount Kilimanjaro in Tanzania. Sponsored trekkers will be combining the challenge of climbing the highest free standing mountain in the world with a wonderful cause - helping children in war torn areas around the world.

Rising almost 20,000 feet, Kilimanjaro is the tallest mountain in Africa and, for this, has been nicknamed 'the roof of Africa'. Set across the stunning Serengeti plains, participants can expect to encounter anything from rainforests, moorland, alpine desert and glaciers.

The name Kilimanjaro has no certain origin, but one of the most popular theories is that it came from 'kilma'njaro' meaning "shining mountain" in Swahili.

By signing up for the experience you will join others in taking on the sponsored challenge of a 8 day trek along Mount Kilimanjaro, with all money raised helping children of war.

**Join Muslim Hands for The Kilimanjaro Challenge 2010 - a once in a lifetime experience**

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# Green Ribbon Week

## The Cause

**Green Ribbon Week is an annual fundraising initiative launched to raise awareness of the plight of children living in war-torn regions**

### Mobile health clinic

With many people requiring long-term medical attention and care for children, the elderly and disabled this mobile health clinic has become an invaluable means of medical support for families all over Jabaliya district in Gaza City. This clinic also carries out blood tests, urine and stool tests, ear examinations and general medical checkups to detect and potentially prevent sickness.

### Rafah water well

MH Gaza built a state-of-the-art water distribution station to serve 15,000 residents in Dohairat in Gaza City. This is a densely populated area whose people suffered greatly under economic blockades and an unreliable water supply. Now families will have a secure and regular water supply for their needs and farmers will have a means to look after their livestock and crops.

### Intensive care units

With the overwhelming burden of thousands of Gazans in critical need of medical care, hospitals throughout Gaza were overrun and under resourced. By supplying 6 intensive care units to Gaza's largest Ash-Shifa hospital in Gaza City, MH are able to ensure many people continue to benefit from this, quite literally, life saving piece of equipment insha'Allah.

**Every year, volunteers fundraise for children in some of the most devastated countries in the world. Last year our climbers raised a phenomenal £120,000 for the children in Gaza, Palestine.**

### Psycho-social rehabilitation centre

The exceptional stress of living in wartime conditions and watching friends, family and even strangers killed and wounded is unthinkable for most of us to bear. Children are an especially vulnerable segment of society as they can internalise and be traumatised by the effects of war in a way which is never visible to us physically.

Desperately needed, the need for psycho-social rehabilitation can be greatly underestimated. MH has set up trauma centres to help children return to a state of routine and normalcy discussing through their experiences and working through their trauma. The centre caters for parents and children, providing psychotherapy, group counselling sessions, recreational trips and a research centre.

Being informed about GRW and Muslim Hands more generally will help greatly when you speak to friends and family about sponsoring you.

The more informed and confident you are the more people are likely to give.



# GRW 2009

## Mount Kilimanjaro



In July 2009, MH took a group of 40 brave and adventurous souls over to Africa to scale the peaks of Mount Kilimanjaro. Raising money for children in Gaza, our trekkers climbed almost 20,000 feet over the course of 7 days and raised a phenomenal £120,000 to pave a future for war-torn Gaza.



### **'A mind blowing, life changing experience'**

Mohammed Mayou, 27 (Bristol) reflects on his time climbing Kilimanjaro...

*I decided to go to Kilimanjaro to raise some money for charity and do something different. Raising the money was rewarding and I thought that would be the best part but NO, climbing Kilimanjaro was a mind blowing, life changing experience I will never forget.*

*We started walking through a forest with monkeys and water flowing down the mountain then you get to the first camp.*

*The next two days the walk takes you up and down the plains of the mountain with beautiful views. You are walking through the clouds and you end the days at different camps, walking and sleeping above the clouds is unexplainable. The end walk to the summit is steep, cold and starts at midnight, the plan is to get there to see the sunrise. The last day sounds hard and I'm not going to lie, it is but it is WORTH IT. The climb down is fun as well as time to contemplate what you have just done and your life.*

*I don't think anyone would have made it without the guides who are so strong, organized, polite, and make the trip even more interesting. The Muslim Hands crew were great masha Allah. I came back with higher eeman, new friends and wanting to do it all over again.*

*Don't miss one of the best times of your life while doing something good for our less fortunate brothers and sisters in the world.*



*What could be better than having such an amazing cause like this combined with such an adventure?*

**SHEHZAD GHANI**  
Aged 22. Nottingham



*This was one of the most beautiful and surreal adventures I could have gone on subhan'Allah! It's not every day you get to walk above the clouds for such an amazing cause.*

**ZIMARINA SARWAR**  
Aged 23. London





# Tanzania In Focus

Known as the 'roof of Africa', Mount Kilimanjaro sits as the highest point of Africa and is the tallest free-standing mountain in the whole world. With its permanently snow-capped summit, it has long been a source of fascination for travellers.

Peaking at almost 6000m, the first recorded sighting of the mountain dates back some seven hundred years. Chinese fisherman often wrote of a white peak on the African coastline. By the 17th century, Europeans were using the mountain as a navigational aid. Only when an expedition was launched in 1889 were the original reports confirmed, as the first Europeans ascended the mountain. One hundred years later, in 1989, a celebration was held to mark the centenary of this event. Incredibly, the guest of honour was the original local guide. He was 118 years old.

Mount Kilimanjaro is now listed as a World Heritage Site and thousands of tourists flock to the park each year determined to conquer the most famous mountain on the African continent. For many of them, it will be the hardest thing they ever do.

The national park which sits around this colossal mountain is over 750km and is surrounded with forests, game reserve and five different eco-zones.

## This will not be easy! Can you do it?

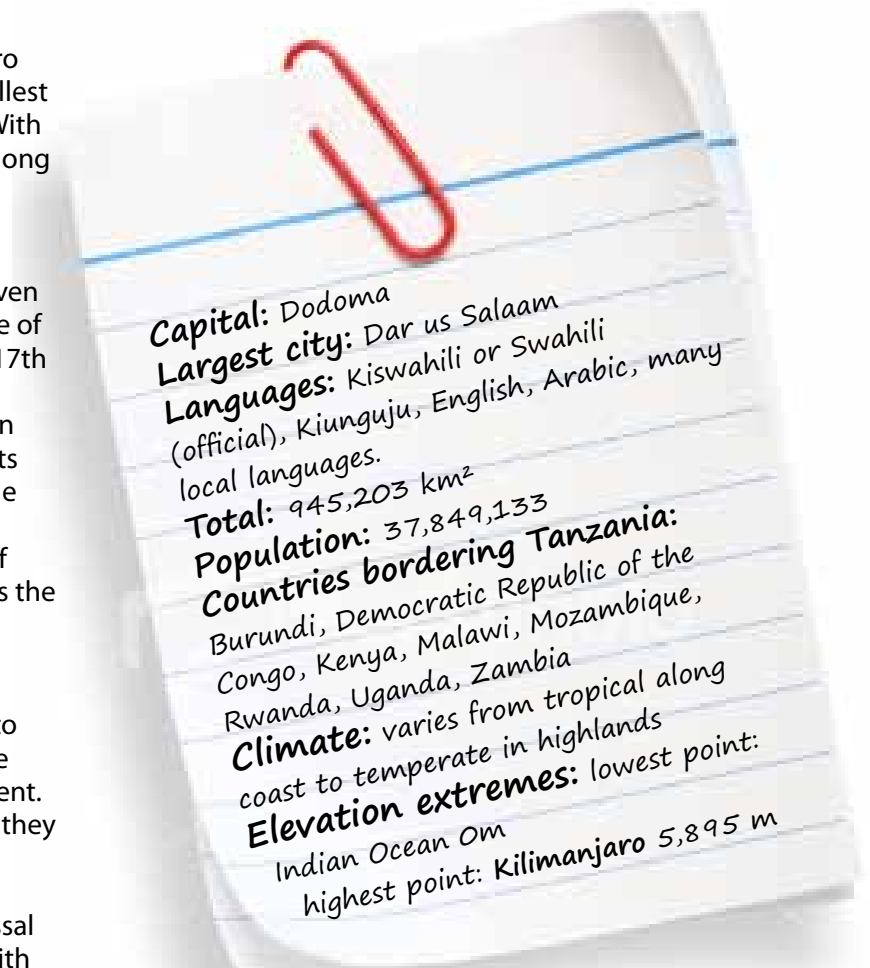
Expert mountaineering skills may not be a pre-requisite, but hiking to the "roof of Africa" is physically and mentally demanding and the challenge involved should not be underestimated.

**Almost 40% of those who set out to climb Kilimanjaro turn back before they reach Uhuru peak.**

Today, hikers make up the bulk of all those who conquer Kilimanjaro, and the mountain is in fact one of the highest peaks accessible to hikers in the world.

With active preparation, any reasonably fit person can reach the summit successfully, but mental and physical preparation are the keywords for success.

**This will be a test of endurance so be aware!**



# Your essentials for the mountain climb



## Fitness levels

Due to the demanding nature of this trek, all participants must have a high level of general fitness to take on the challenge of climbing Mount Kilimanjaro. Though there will be regular rest and refreshment stops, all participants are advised to begin their own physical training well in advance of the trek to ensure they are in peak fitness for the trip. If you suffer from fear of heights or vertigo, we are more than happy to talk to you about the route in more detail.



## Equipment

**All climbers should attempt to bring as much as possible of:**

Anorak/parka, mittens, balaclava (ski mask), snow goggles or ski sunglasses, a scarf, 3 pairs warm trousers, sweaters, 6 pairs warm socks (both thin and thick), thermal underwear, a waterproof layer, a sun-proof hat, comfortable boots, sun cream, a small first aid kit, daypack and water bottles or hydration systems sufficient to carry at least 3 litres, sleeping bag, camping mat or thermarest (on camping routes only), torch or headlamp, spare batteries.



## Clothing

Clothing is very important. Mount Kilimanjaro National Park contains practically every environment known to man. You may start the ascent in shorts and a t-shirt but you will finish it dressed for an Antarctic expedition. A hat or balaclava is therefore essential. You will need thick woolen socks, warm gloves and a decent pair of hiking boots. Trousers and overcoats for the latter stages need to be waterproof and wind resistant. Sunglasses are also a must.



## Accommodation

Your accommodation will be in Marangu Hotel, Tanzania to begin and end with, but along the course of the trek, you will be staying in a number of huts. Participants will be staying in Mandara hut, Horombo hut, Kibo hut, then back down to Horombo hut. All huts are equipped with a good standard of facilities.

Please let us know if you are taking part in the event with someone you would like to share a room with. We will do our best to accommodate such requests insha'Allah.



# The Itinerary

## 14th- 22nd July 2010

### Day 3

#### Marangu to Mandara Hut

Up to 9,000 feet  
Enter park entrance, walk to upper edge of rainforest, end in Maundi Crater

### Day 4

#### Mandara to Horombo Hut

9,000-12,500 feet  
Early walk from rainforest clearing to alpine meadow, 10 miles to Horombo

### Day 5

#### Short 3 hour walk to the foot of Mawenzi Peak

For purpose of acclimatisation

### Day 6

#### Horombo to Kibo Hut

12,500-15,500 feet  
Climb to Kibo, through semi-desert, route taken slowly in order to acclimatise.

### Day 7

#### Kibo Hut to Summit, descent to Horombo Hut

15,500-19,000 feet  
Ascent to Hans Meyer cave, round large rock outcrop, reach Gillman's Point on crater rim.

### Day 8

#### Horombo Hut to Park Gate

Complete trip back to Park Gate  
Final descent.

### Day 2

#### Arrive and rest in Marangu.

Meet the Tanzania team - ready for the first day of the trek tomorrow morning.

### Day 1 13th July

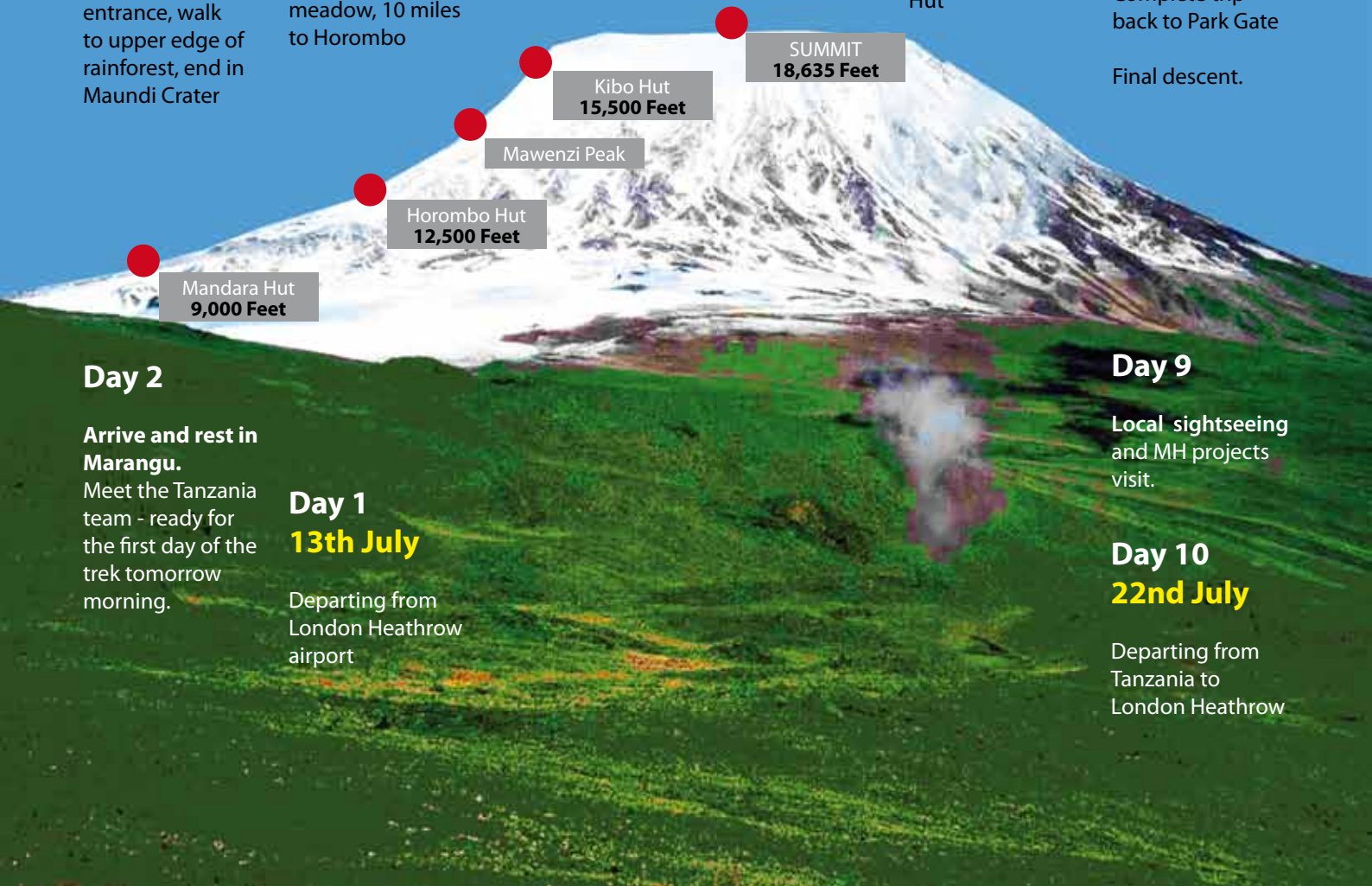
Departing from London Heathrow airport

### Day 9

Local sightseeing and MH projects visit.

### Day 10 22nd July

Departing from Tanzania to London Heathrow



# How to raise sponsorship

## Meet your target!



### *A hint of advice...*

Our top fundraiser Manal Hasnain gives us her insight into how she raised well over her sponsorship target...

*After making my intention, I was delighted to hear I was given an opportunity to take part. I made a page on the charitable site Justgiving.com to enable all my contacts, friends and family to give securely and safely online from the comfort of their own armchair and in their own time.*

*I explained my reasons on my page as to why I wished to support this particular cause, namely my interest which was triggered from my Masters in International Human Rights Law especially concerning the Rights of a Child. I wrote how I wanted to take part in Green Ribbon Week supporting innocent children of war and why I had especially chosen this charity trek. I included a few unpalatable pictures emphasising the harsh realities children all over the world suffer in name of war which made me go on to realise how fortunate children born in this country actually were. A fact which many UK parents take for granted.*

*I handed out sponsorship forms at my work place and ensured they were handed round all the different departments. I handed sponsorship forms out at the Al-Haadaiyah Learning Institute (Teesside) This is an Islamic School where I teach every week. Masha'Allah the support and encouragement was also good from the local mosque and community.*

*If I were to give one piece of advice to help with sponsorship it would be try to publicise the trip as much as you can and to everyone you meet. Carry a sponsorship form with you where ever you go and if possible publicise yourself as much as possible. A good way is to contact the local newspaper to see if they would be interested in running a piece.*

*Wishing you a very successful trek in 2010. Happy fundraising!*

**For more ideas see the guide enclosed**



**You create an online fundraising page with your charity's name and logo, and email it to everyone you know. Your friends, family and colleagues donate by credit or debit card. JustGiving automatically reclaim the Gift Aid. We pay into your charity's account and give you all the reports you need.**



# FAQs



## Who can take part?

Anyone over the age of 18 who is looking for a challenge. The group size will be approximately 40 -50 (minimum number for the trip to go ahead is 30) with people of all ages and from all backgrounds, the majority on their own but some with friends or partners.

This is a real team experience and you will make friends for life, so if you've got a positive and enthusiastic disposition and want the challenge of both fundraising and trekking, this could be the experience of a lifetime for you.

## I am a woman, can I participate?

Women are certainly welcome to take part. Please note however that, in accordance with Islamic law- as the trip involves considerable risks, travel and overnight stay- **female participants must be accompanied by a mahram male.**

## What will the weather be like?

Tanzania is located just south of the equator. It has a sunny, tropical climate, though it gets chilly in June, July and August - as low as forty degrees at night, so bring warm clothing.

In the mountainous areas of the Kilimanjaro the temperature occasionally drops below 15 degree Celsius at night during the months of June and July. The average temperature low around the base of Mount Kilimanjaro is 63 °F with the average high being 90 °F.

## What will we have to eat?

The food which is served to climbers will be similar to the food which participants will get in the hotel before and after the climb.

**All food will be halal and free of alcohol.**

For breakfast, participants will receive fruit and cereal, eggs and sausage, toast butter and jam/ marmalade, tea and coffee. Lunches are packed lunches of sandwiches, fruit and tea. Dinner comprises of soup, a cooked course of beef or chicken or stew or pasta plus vegetables, and fruit for dessert. In the afternoons there is tea and biscuits/cakes.

## What if I get ill?

To ensure all the health and safety needs of our participants are met, we will have a team of first aiders and doctors with us at all times.

## How do I apply?

Simply complete the registration form included in this pack and return together with you £500 deposit. Please note that payment of the registration fee does not give you the right to travel but confirms your intention to raise the minimum sponsorship.

Will I have to arrange my own travel insurance? Yes, all participants are advised to take care of their own travel insurance needs.

## Can I extend my stay?

Yes, anyone wanting to extend their stay in Tanzania can arrange to do so through the Muslim Hands tour operator at an additional cost.



# Registration Form

## Personal details

Forename and surname as they appear in your passport

Title: \_\_\_\_\_ Forename: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_

Daytime Tel no: \_\_\_\_\_ Evening: \_\_\_\_\_

Mobile: \_\_\_\_\_ \*Email: \_\_\_\_\_

\*By giving us your email address, you agree that we may use it to send you information about our activities.

T-shirt size: S / M / L / XL (please circle)

Occupation: \_\_\_\_\_ Employer: \_\_\_\_\_

Department: \_\_\_\_\_ Type of business: \_\_\_\_\_

Emergency contact name: \_\_\_\_\_ Relationship to you: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postcode: \_\_\_\_\_

Daytime Tel no: \_\_\_\_\_ Evening: \_\_\_\_\_

Mobile: \_\_\_\_\_

Where did you hear about this event or see it advertised? Please be as specific as possible.

\_\_\_\_\_

Are you taking part in the event with friend(s)? Yes ( ) No ( )

If yes please provide their name(s) \_\_\_\_\_

Accommodation will be shared.

Please give the name(s) of anyone with whom you specifically wish to share  
(please tick if you are a couple): ( )

\_\_\_\_\_

\_\_\_\_\_

Do you require vegetarian meals? Yes ( ) No ( )

Do you have special dietary requirements (e.g. food or nut allergies)?

(Please continue on a separate sheet if necessary) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Terms & Conditions

1. All travel and associated arrangements for the Muslim Hands Kilimanjaro Challenge are made by Muslim Hands. In making these arrangements, Muslim Hands is acting as your agent and is unable to accept liability for any loss or damage, beyond its statutory liability, or for cancellation of the event for any reason out of its control.

2. Participants must raise a minimum of £2500. A £500 non-refundable registration fee is included in this amount. We insist that 75% of the total must be paid to MH at least 6 weeks prior to departure. If you do not pay this amount you may forfeit your eligibility to participate – though you may choose to make up the balance yourself. We ask that you show pledges for the minimum sponsorship level before departure. The balance of the sponsorship must be paid within four weeks of the end of the trip.

3. Registration fees are non-refundable under any circumstances once you have been accepted on the event.

4. If participants decide at any time not to take up their places, all sponsor forms and sponsor monies collected and held by the participant must be forwarded to Muslim Hands so they can be returned to the sponsor if requested.

5. If, for whatever reason, you withdraw from the event after the 6 weeks before departure deadline, you may be personally liable for any cancellation charges payable.

6. Participants wishing to withdraw from the event after registration must confirm their cancellation in writing to Muslim Hands. Without this, Muslim Hands is unable to accept cancellation.

7. Gift Aid does not count towards participants' sponsorship target.

8. The trip costs include all group international flights and internal transfers thereafter, project equipment, accommodation on a shared room basis or as dictated by local conditions (e.g. hostel, hotel or camping), most meals, guides, porters, cooks, some sightseeing trips.

9. The following are not included in the cost of the trips: items of a personal nature (e.g. telephone calls, laundry, tips etc), drinks, certain meals, visas, vaccinations, insurance and local airport and/or departure taxes.

10. You must take out travel insurance covering health, accident and loss, emergency repatriation etc. while you are out of the UK. Muslim Hands can help find and if requested provide a suitable policy or, if you have your own insurance, you must ensure it is suitable for the event.

11. You must hold a 10 year passport that is valid for six months after your return to the UK. It is your responsibility to obtain a valid visa, the cost of which is not included in the cost of the trip. You must check current requirements with the Foreign and Commonwealth Office ([www.fco.gov.uk](http://www.fco.gov.uk)) that will provide information on health and security.

## 12. VISAS & VACCINATIONS

It is entirely your responsibility to obtain the relevant medical advice and vaccinations and make all other necessary preliminary arrangements including compliance with visa requirements, and we accept no responsibility whatsoever in the event that these matters are not dealt with prior to departure.

13 Any information or advice provided by Muslim Hands on matters such as permits, visas, vaccinations, climate, clothing, baggage, special equipment, etc. is given in good faith but without responsibility whatsoever on the part of Muslim Hands. The participant accepts responsibility for obtaining all necessary travel information and documentation required for the trip.

If you commit an illegal act we shall cease to have responsibility to or for you.

(cont.)



# Terms & Conditions

14. By signing the booking form you agree to accept the authority and decisions of our employees, tour leaders, agents and suppliers during the trip. If, in the opinion of any of these people, your health or conduct appears likely to endanger the progress of the trip you may be excluded from the whole of, or part, of the trip. In the case of ill-health we reserve the right to make such arrangements for your well-being as we deem necessary and to recover the whole of the costs thereof from you. If you commit an illegal act we shall cease to have responsibility to or for you.

15. ACCEPTANCE OF RISK: Your booking is accepted on the understanding that:

(a) You are aware that the adventure trip, in addition to the usual dangers and risks inherent has certain additional dangers and risks, some of which may include:

- physical exertion for which you may not be prepared.
- weather extremes subject to sudden and unexpected change
- remoteness from normal medical services
- evacuation difficulties if you are disabled

(b) You acknowledge that the enjoyment and excitement of adventure travel is derived in part from the inherent risks incurred by travelling and undertaking activities beyond the levels of safety normal at home or work, and that these inherent risks contribute to such enjoyment and excitement, being a reason for your participation.

(c) You acknowledge that the nature of this type of travel requires considerable flexibility and you must allow for alternatives. The outline itinerary provided for the trip is only an indication of what each group may accomplish, and does not form a contractual obligation on the part of Muslim Hands.

(d) You understand that the route, schedules, itineraries, amenities and modes of transport may be subject to alteration without prior notice due to local circumstances or events, such as sickness, mechanical breakdown, flight cancellations etc.

16. Muslim Hands reserves the right to amend or change the itinerary without prior notice

17. All instructions given to you on the event must be observed for your own safety. Participation in this event is at your own risk.

18. Your place on the event is not secured until; (i) Muslim Hands are in receipt of the signed and completed registration form.

(ii) The medical form upon which you agree to the terms and conditions issued by Muslim Hands.

(iii) And until you have received a confirmation letter from Muslim Hands stating that your place has been secured

19. Muslim Hands reserves the right to not accept a participant onto a challenge at any point leading up to departure of the trip.

20. Participants will normally only be accepted if they are at least 18 years of age by the first day of the trip. Participants that are 17 years of age by the first day of the trek will be accepted onto the walk if they are accompanied by a parent or guardian and in receipt of written permission of a parent/legal guardian.

21. Muslim Hands shall not be liable for any failure to perform the contract which is due to unusual and unforeseeable circumstances beyond the control of Muslim Hands or our suppliers, the consequences of which could not have been avoided even if all due care had been exercised; including but not limited to war, threat of war, riot, civil strife, industrial dispute including air traffic control disputes, terrorist activity, natural and nuclear disaster, fire, adverse or threat of adverse weather conditions, technical problems with transport, closure or congestion of airports or ports.

22. In respect of land-only clients (meaning those people not starting with the group from London), our responsibility does not commence until you have met our representative at the appointed time at the designated meeting point. If you fail to arrive there at the appointed time, we shall not be responsible for any additional expenses incurred by you in order to meet up with the group.

23. JURISDICTION: This contract shall be governed by and construed in accordance with English Law and any dispute shall be subject to the exclusive jurisdiction of the English courts.



# Terms & Conditions

----- cut along dotted line -----

## Agreement

I hereby agree to abide by the terms and conditions of entry as detailed above and by signing this form I acknowledge that I have read, understood and accepted the conditions of contract set out by Muslim Hands in the document.

Signed: \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Please return your completed form to:

**Muslim Hands**  
**The Kilimanjaro Challenge**  
**148 – 164 Gregory Boulevard**  
**Nottingham**  
**NG7 5JE**

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## What next?

1. After we have received your completed forms and registration fee, we will write a confirmation letter to you that your place has been secured. We will operate a first come first serve basis policy. We have limited places so we advise you send your form in early. In the event that you place cannot be secured, we will refund your £250 registration fee

2. Once your place has been secured we will send you the second information pack containing:

- Fundraising materials (posters, sponsorship forms etc)
- Advice on vaccinations
- Advice on visa applications



# Medical Form

## (Private & Confidential)

The information in this form will be supplied to the tour managers and doctor accompanying the walk/trek so they are fully aware of any medical conditions you may have. The details of your medical history are strictly confidential and the forms will be destroyed after the trek.

Although the event in which you will be participating is not competitive it is nevertheless challenging and will require a good level of fitness, strength and endurance and it will involve strenuous exercise.

It is your responsibility to ensure that you have the appropriate level of fitness. There will be trained medical personnel with first aid supplies with the group at all times, but often parts of the route will be away from main cities and hospitals (at which medical facilities may be inferior to those in the UK).

If you suffer from severe muscular, chest, heart or bronchial disorders, are asthmatic or have high blood pressure, you are strongly advised against taking the trip.

Blood group: \_\_\_\_\_ Height (cm): \_\_\_\_\_ Weight (kg): \_\_\_\_\_ Age (on 30/03/10) \_\_\_\_\_

If you will be 40 or older when you take part OR if you have a pre-existing medical condition you OR you do not exercise regularly, you **MUST** ask your doctor to sign this form overleaf confirming that you are fit to undertake this challenge.

Please state whether you have/have not had any of the following conditions:

### If yes, please give details.

1. Raised blood pressure? Yes ( ) No ( ) \_\_\_\_\_

2. Heart or circulatory disease? Yes ( ) No ( ) \_\_\_\_\_

3. Epilepsy and/or fainting attacks? Yes ( ) No ( ) \_\_\_\_\_

4. Psychiatric or mental illness? Yes ( ) No ( ) \_\_\_\_\_

5. Chest or lung disease? Yes ( ) No ( ) \_\_\_\_\_

6. Diabetes? Yes ( ) No ( ) \_\_\_\_\_

7. Joint or back injuries/problems? Yes ( ) No ( ) \_\_\_\_\_

8. Allergies? (hayfever, dietary, chemicals, drugs etc) Yes ( ) No ( ) \_\_\_\_\_

9. Asthma, bronchitis and/or shortness of breath? Yes ( ) No ( ) \_\_\_\_\_

10. Digestive or bowel disorders? Yes ( ) No ( ) \_\_\_\_\_

11. Cerebral disease? (eg stroke, head injuries etc) Yes ( ) No ( ) \_\_\_\_\_

12. Fractures, tendon, ligament/cartilage damage? Yes ( ) No ( ) \_\_\_\_\_

13. Surgical operations? Yes ( ) No ( ) \_\_\_\_\_

14. Haematological or blood disorders? Yes ( ) No ( ) \_\_\_\_\_

15. Metabolic or endocrinal disorders? Yes ( ) No ( ) \_\_\_\_\_

16. Are you pregnant? Yes ( ) No ( ) \_\_\_\_\_

17. Physical disability or other disability? Yes ( ) No ( ) \_\_\_\_\_

18. Carrier of infectious diseases? Yes ( ) No ( ) \_\_\_\_\_



# Medical Form

19. Migraine? Yes ( ) No ( )

20. Hospitalised in the last two years? Yes ( ) No ( ) \_\_\_\_\_

21. Any illness or conditions not already mentioned? Yes ( ) No ( ) \_\_\_\_\_

Details continued: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**IMPORTANT: If you answer YES to any of the questions you must ask your doctor to sign this form**

TO BE COMPLETED BY THE PARTICIPANT

I confirm that I have understood the need for fitness and to the best of my knowledge this is a true and accurate description of my medical history and current condition.

I confirm that if my medical condition changes before the event in any way I will notify Muslim Hands and re-submit a signed medical form.

I agree that Muslim Hands can release this information to the doctor accompanying the event and give him/her permission to contact my GP for further details if considered necessary.

In the event of illness or an accident on the trip I hereby give my permission for Muslim Hands medical staff to initiate medical treatment and notify my next of kin in case of hospitalisation.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

TO BE COMPLETED BY THE GP (if required)

I believe \_\_\_\_\_ (name of client)  
to be fit and able to undertake the above walk/trek.

Signed: \_\_\_\_\_ Name: \_\_\_\_\_

Tel. no. of doctor: \_\_\_\_\_ Date: \_\_\_\_\_

*Please also detail the severity, dates and levels of treatment, frequency and aggravating factors (if relevant) and list medications used – attach an additional sheet if required.*

