



## YOUR PHYSICAL WELL-BEING

To our adventurous,

**Chile Natio** offers excursions that range from easygoing photo safaris to vigorous hikes that last a full day. Regardless of the degree of difficulty, we are committed to your safety.

We like to be prepared. Please help our guides to provide you with safe, enjoyable journeys by letting us know a little about you.

If you have any physical conditions, limitations, or special health requirements, please take a moment to tell us about., the information you provide may not necessarily prevent you from partaking in excursions.

- Any illnesses (i.e diabetes, epilepsy) or special health conditions that could affect your physical abilities (i.e., coronary problems, asthma, pregnancy, vertigo)?

Please explain:

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- Have you been hospitalized within the past six months? If so, what were the circumstances?

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- Are you currently taking medication that could impair your physical ability or awareness?

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- Any allergies? Any allergies to certain kinds of foods?

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- Are you a vegetarian?

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Our guides are trained in first aid and carry radios for quick communication. They are also thoroughly familiar with the physical conditions required for each excursion and any dangers that could present themselves from changing climatic conditions.

Thank you for filling this blank form for us, wich will let us gve you a better service.

Date \_\_\_\_\_ Name \_\_\_\_\_ Age \_\_\_\_\_