

SALT CARAVAN

Welcome to Salt Caravan Tours!

Our goal is for guests to have an amazing trip, so now is the perfect time to take a moment and think about the kind of tour we provide, to make sure everyone is physically and mentally ready for it...

Our trips can be a little different to usual tours where people may simply get on and off a bus to take photos of landmarks - they are more active in terms of fitness and mobility levels required as we explore cultures and navigate foreign countries by tour transport as well as on foot. Each day, guests will be walking and spending time on their feet, moving to different accommodations and itinerary stops every 1-3 days. There may be times where our guests encounter unseasonal weather including dry heat or humidity, very cold or wet weather and, on some trips, moderate altitudes.

Guests need a general level of health, fitness, energy, and mobility to participate in our trips. Daily activities regularly include walking tours, walking to nearby venues for group meals, and strolling local villages. Some destinations may have cobblestone streets with heritage listed buildings that have facilities or stairs which are more challenging to navigate. There are often multiple activities each day... This is an immersive group tour, after all!

Guests will frequently be getting on and off transport unassisted. There may be longer journeys in vehicles, or even domestic flights, so guests are expected to be able to handle their own luggage for short durations.

There have been times we've had to ask guests who weren't up to a trip to step out early, but we really want to avoid that. By booking a tour with us a guest confirms, as part of our [Terms and Conditions](#), that they don't have any mental / physical / health conditions, or disabilities, that could create a hazard for themselves or others - nor affect the momentum and enjoyment of an itinerary for up to seven other travelers. We want everyone to have a blast and feel confident they're taking a trip that's an ideal fit for them.

We've taken all reasonable measures to ensure our guests' safety during this trip, however, illnesses such as stomach bugs and respiratory viruses can be common when visiting foreign countries so we ask all guests to bring precautionary medication just in case, and discuss any medical (physical or mental) conditions with a licensed practitioner before booking. Our tour guides and leaders all have basic first aid training, but please consider that our trips may take place in areas where emergency assistance may be limited or slower to arrive.

Salt Caravan is unable to give specific medical advice on vaccinations and encourages our guests to consult their doctor for advice on any recommended vaccines for the countries they are visiting - as well as management of any health conditions, fitness/mobility requirements, or other challenges they may need to discuss due to the required nature of travel and activities included.

We kindly ask that medical practitioners create an 'action plan' for any serious medical conditions that may require immediate intervention (e.g., Asthma, COPD, Severe Allergies/Anaphylaxis, Heart Disease, Hypertension, Epilepsy, Diabetes, etc.) so that this potentially life-saving information can be shared with our ground team.

For those who take prescription medications: A doctor's note listing these medications and their intended use can be beneficial to have on hand, just in case, when entering any foreign country.

As part of our Booking Terms, all guests are asked to provide us with details of *all* medical conditions, as well as prescription medications taken, in case of an emergency. Health, fitness, allergies, and medical information on your file can be updated by contacting us via one of the methods below.

Thank you for taking the time to read and consider this information.

The Salt Caravan Team

SALT CARAVAN

CERTIFICATE OF MEDICAL FITNESS TO TRAVEL

Guest Name: _____

Name of Salt Caravan Trip: _____

Duration of Trip: _____

To Salt Caravan,

I hereby certify that this guest does not suffer from any illness or condition (physical or mental) that may impact their ability to participate in the above-listed group tour. They are fit and mobile enough to travel for the duration of the tour, and fulfill the physical/mental aspects of it, as outlined on page 1.

Requirements on the trip may include, but are not limited to the following:

- Able to walk 3-4 hours at a reasonable pace unassisted.
- Able to handle their own luggage unassisted (e.g., up a flight of stairs, onto a train, etc.).
- Be able to get on and off different forms of transport without support.
- Able to use a shower over a bath and/or squat toilet if necessary.
- Able to participate in numerous activities throughout a day.
- Able to negotiate uneven surfaces (e.g., cobblestones, cracked pavement, inclines) without assistance.
- Do not have mobility issues or require a mobility aid.

Note: Our group tours cannot accommodate the use of walking aids, however it is possible to use walking poles to assist with balance on unpaved or uneven paths.

I certify:

☐

This guest **IS** medically fit to travel on the above-listed trip.

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This guest **IS NOT** medically fit to travel on the above-listed trip.

Regards,

Medical Practitioner's Name: _____

Medical Practitioner's Signature: _____

Registration number: _____

Date: _____

Failure to accurately disclose, or complete any and all medical requirements, may result in the guest being denied entry onto the trip, or removal from a trip in progress, without refund.