



THE MOUNTAIN VIBES

Safest & Trusted Adventure Provider

Near GMVN Roopkund Marg, Lohajung, Mundoli, Uttarakhand 246427 | +91 95577 11495 | tmvadventures@gmail.com

MEDICAL CERTIFICATE

Fitness to Undertake High-Altitude Trekking

To be completed and signed by a registered medical practitioner (MBBS or higher) within 30 days prior to the trek start date. This certificate must be submitted at least 7 days before departure, along with the completed Self-Declaration Form.

1. Trekker & Trek Details

Full Name of Trekker	
Age	
Gender	
Trek Name	
Proposed Trek Dates	
Contact Number	

2. General Physical Examination

Height (cm)		Weight (kg)	
Blood Pressure (mmHg)		Pulse Rate (per min)	
SpO2 at rest (%)		BMI	

3. Systemic Examination

**If any system is marked Abnormal, please provide details in Section 4.*

System	Finding	
Cardiovascular system (heart, circulation)	☐ Normal	☐ Abnormal*
Respiratory system (lungs, breathing)	☐ Normal	☐ Abnormal*
Musculoskeletal system (joints, back, limbs)	☐ Normal	☐ Abnormal*
Neurological system	☐ Normal	☐ Abnormal*
Vision / hearing	☐ Normal	☐ Abnormal*

4. Relevant Medical History / Remarks

(e.g. diabetes, asthma, hypertension, heart condition, epilepsy, past surgeries, current medications, allergies, or any condition relevant to high-altitude exertion)

5. Medical Opinion

Based on the above examination, I certify that the above-named person is:

- ☐ Medically fit to undertake high-altitude trekking as planned.
- ☐ Fit, subject to the conditions/precautions noted below.
- ☐ Not fit for high-altitude trekking at this time.

Conditions / precautions (if any):

6. Examining Doctor's Details

Doctor's Full Name	
MBBS / Medical Registration No.	
Clinic / Hospital Name & Address	
Contact Number	
Date of Examination	

Doctor's Signature

Official Stamp / Seal

This certificate is valid for 30 days from the date of examination and is submitted solely for the purpose of trek participation with The Mountain Vibes.