



High Country Expeditions Limited
21 Godley Street
Twizel
New Zealand

Phone (03) 4350 622

Email: shaun@highcountrynz.com
Website: www.highcountrynz.com

Mt. Elbrus - Russia

Dear Doctor:

This person is joining me on a climb of Mt Elbrus in the Caucasus Range, Southern Russia.

We will spend 10 days trekking and climbing, carrying packs weighing up to 15kg/33lbs.

Our maximum altitude will be 5642m/18618ft

My information suggests that the vaccinations and medications listed on the attached sheet will be required.

However, your judgment and more recent information is accepted and appreciated.

On the basis of the above information could you please give this person a thorough medical examination, complete the medical certificate below and return it to the bearer.

Examination/vaccination and prescription charges will be paid by the bearer.

Thank you,

Shaun Norman
High Country Expeditions.

Footnote: Date of examination should be within three months of trip.

I have examined.....and in my opinion they are:

Fit

Not fit

Fit subject to:

to undertake the trip you describe above.

Signed.....Date.....