

Health, Fitness & Trekking Participation Form

TVPalm Adventure · treks and walks in Tay Con Linh, Ha Giang (Tuyen Quang province), Vietnam
One form per guest · Version 2026.10 · Confidential

Why we ask: our routes are remote. Knowing your health before you arrive lets your guide plan the pace, carry the right first aid and act fast if something happens. Answering "Yes" does not mean you cannot join; it means we talk first.

Send this form to info@tvpalm.com (or WhatsApp +84 366 885 955) no later than 7 days before departure. Booking at short notice? Send it as soon as you can. If your health changes after you send it, tell us before the trip starts.

1. You and your trip

Full name (as in passport)		Date of birth (DD/MM/YYYY)
Sex	Nationality	Passport number
Email	Mobile / WhatsApp (with country code)	
Tour	Departure date (DD/MM/YYYY)	

Name, sex, date of birth and passport number are needed to register you with our travel insurer (PVI) and, where required, for border-area permits.

2. Emergency contact (someone not travelling with you)

Full name	Relationship	Phone (with country code)

3. Health screening: answer every question

Internationally used pre-exercise screening questions (PAR-Q style), adapted for hours of mountain walking.

3.1 Has a doctor ever said you have a heart condition, or high blood pressure?	☐ Yes	☐ No
3.2 Do you feel pain in your chest at rest, during daily activities, or when you exercise?	☐ Yes	☐ No
3.3 In the past 12 months, have you lost balance because of dizziness, or lost consciousness?	☐ Yes	☐ No
3.4 Do you have any other chronic medical condition (for example lung, kidney, liver, metabolic or neurological)?	☐ Yes	☐ No
3.5 Are you taking prescribed medicine for a chronic condition?	☐ Yes	☐ No
3.6 Do you have a bone, joint or muscle problem (knee, hip, ankle, back) that long uphill or downhill walking could make worse?	☐ Yes	☐ No
3.7 Has a doctor ever said you should only exercise under medical supervision?	☐ Yes	☐ No

Any "Yes"? Please attach a short note from your doctor, dated within the last 3 months, confirming you are fit for several hours of mountain walking on uneven ground.

4. Conditions: tick any you have now or have had

- | | |
|---|---|
| ☐ Asthma or other breathing problems | ☐ Diabetes |
| ☐ Epilepsy or seizures | ☐ Severe allergy / anaphylaxis |
| ☐ Surgery or serious injury in the last 6 months | ☐ Previous altitude sickness |
| ☐ Fear of heights or vertigo | ☐ Pregnancy |
| ☐ None of these | |

Other condition, or details of anything ticked

We do not accept pregnant guests on the Tay Con Linh summit treks or on multi-day treks. Guests over 65 need a doctor's certificate of fitness for all treks.

5. Medicines, allergies and food

Medicines you take or will bring (name, dose, how often)

Allergies (medicines, food, insect stings, other)

Diet (vegetarian, vegan, halal, gluten-free...)

5a Do you carry an adrenaline auto-injector (EpiPen), inhaler or insulin? If yes, bring two and show your guide where they are.

☐ Yes

☐ No

6. Tay Con Linh summit treks only

Above about 1,800 m it takes about 3 hours to reach medical help, and phone signal is unstable. Personal travel insurance covering trekking and medical evacuation is required; please send proof at least 21 days before departure.

Insurance company

Policy number

24-hour assistance phone

6a Does your policy cover trekking up to 2,500 m and emergency medical evacuation?

☐ Yes

☐ No

6b Can you comfortably hike 8–10 km uphill in one day, with breaks?

☐ Yes

☐ No

6c Are you comfortable riding as a passenger on a motorbike with a local rider? (The summit day starts with a motorbike section.)

☐ Yes

☐ No

7. Risks and your commitments

Trekking in Tay Con Linh takes place on remote mountain trails with changeable weather. It carries risks that cannot be removed entirely: slips and falls, river crossings after rain, insects and leeches, heat, cold and fatigue. TVPalm walks every group with a local guide, local porters and a logistics team, and your guide may slow down, change the route, shorten the day or turn back for weather or anyone's health. I agree to:

- follow my guide's instructions and safety briefing, and not leave the group;
- wear suitable footwear and use the safety equipment provided (including a helmet on any motorbike section);
- tell my guide straight away if I feel unwell, exhausted or injured;
- not ride a motorbike myself;
- respect Dao and Tay communities: ask before photographing people and do not interrupt ceremonies or farm work.

8. Insurance included by TVPalm

TVPalm registers every guest with PVI travel insurance for foreign visitors to Vietnam, level Inbound 2 (sum insured up to USD 25,000 per person), for the duration of the tour. This cover has limits and is not a substitute for your own travel insurance.

9. Declaration, limited liability and data consent

I confirm the information in this form is true and complete. TVPalm is responsible under Vietnamese law and our service contract for loss caused by its own fault. TVPalm is not liable for loss arising from inaccurate health information, from a guest not following the guide's instructions or the law, or from force majeure. Nothing in this form excludes liability that the law does not allow to be excluded.

Personal data, including this health information, is processed under Vietnam's Law on Personal Data Protection (No. 91/2025/QH15) and TVPalm's Personal Data Protection Policy (tvpalm.com). TVPalm deletes this form no later than 6 months after your trip ends.

☐ I consent to TVPalm processing my health information for tour safety.

☐ I consent to TVPalm processing my emergency contact's details.

☐ I consent to sharing what is necessary with my guide, PVI, doctors, rescue services and competent authorities.

Guest signature (or full name typed if signing electronically)

Date (DD/MM/YYYY)

Guest under 18: parent or guardian name and signature

Date (DD/MM/YYYY)

For TVPalm use: received ____ reviewed by ____ doctor's note needed/received ____/____ insurance proof ____ added to PVI list ____