

REPUBLIC OF NAMIBIA

**MINISTRY OF WILDLIFE, CONSERVATION AND TOURISM
CONSERVATION OF HIKING TRAILS**

I,(full name), the undersigned plan to hike the Fish River Canyon/ Ugab River/ Naukluft Trail starting on the.....(date).

I solemnly declare that conservation of nature will be my priority when visiting the above hiking trail or conservation area.

I undertake not to pollute the environment in any way, which could include discarding tins, paper, bottles or tinfoil linings in burnt out fires, etc. Toilet paper will be burnt or deeply buried.

Everything carried into a wilderness area will be carried out and I will encourage other eco tourists and hikers to do the same.

.....
SIGNATURE

.....
I.D./PASSPORT NUMBER

DATE:.....

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PERM HIKING/THE HIKING FEDERATION OF SOUTHERN AFRICA
P.O.Box 1420, Randburg.2125

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**NATURE CONSERVATION AND RECREATION RESORTS
FISH RIVER CANYON, UGAB RIVER AND NAUKLUFT TRAILS
(86 km, approximately 50 km and 120 km respectively)
MEDICAL QUESTIONNAIRE FOR HIKERS**

HIKER:DR:

ADDRESS:.....ADDRESS:.....
.....
.....

IDENTITY NUMBER:

NEXT OF KIN:

TELEPHONE NUMBER: (CODE):.....NUMBER:.....

THIS MEDICAL CLEARANCE IS VALID FOR FORTY (40) DAYS ONLY

1. Any previous serious illnesses or operations:
.....
.....

2. Any history of epilepsy, blackouts, heat exhaustion, serious allergies to bee sting or snake serum:
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