



## DOCTOR'S RELEASE FORM

Ask your physician to read and complete this form. Your doctor may issue a release of their own (other than this form). It must be on their letterhead, and specifically stating that they have cleared you to travel on a Servant Life trip to the specific country in which you are serving.

### Trip participant to complete the following:

Patient's name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Trip Country \_\_\_\_\_ Trip Dates \_\_\_\_\_

### Physician to review and complete the following:

Servant Life and Mission Bulgaria trips might include travel into the poorest areas of developing countries and challenging conditions.

Conditions are frequently uncomfortable and physically challenging and could include some of the following:

- extended periods of walking (sometimes on rough/unpaved paths)
- demanding climbs often at high elevation
- long travel times requiring use of modern and primitive, private and public transportation services
- transportation services that may lack accommodations for people with physical limitations
- dietary and climate changes that can add to the physical intensity of the trip
- Long periods of travel that may cause participants to experience lack of sleep is customary.
- Some areas may be remote and medical care may not be immediately available.

***Please be considerate of these factors as you evaluate the participant's readiness for such conditions.***

Physician's name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone (\_\_\_\_\_) \_\_\_\_\_

\_\_\_\_\_ I have prescribed a medical plan for the participant to meet prior to the trip in order to participate in the itinerary during the trip.

\_\_\_\_\_ I do not recommend the participant to participate at this time.

Comments:

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\_\_\_\_\_  
Physician's Signature

\_\_\_\_\_  
Date