

# Medical Examination

Participants on AMS expeditions are required to have a medical provider fill out this form.  
This examination must be completed WITHIN 1 YEAR of the expedition start date.

## Information for the Medical Examiner

Alaska Mountaineering School (AMS) leads expeditions which vary in length from 14 to 26 days. These programs are located in remote areas where air evacuation to modern medical facilities can take many days when the weather is poor. Weather conditions can be extreme with temperatures ranging from  $-40^{\circ}$  F. to  $+100^{\circ}$  F and winds up to and above 100 mph. Prolonged storms, high winds, intense sunlight, and sudden immersion in cold water are possible. The environment includes large crevassed glaciers, loose rock, talus slopes, tundra, forest and river crossings. Depending on the type of expedition, the applicant will be wearing crampons on exposed and uneven snow slopes, and at altitudes up to 23,000 feet. Their pack weight could weigh up to 90 pounds at certain times during the expedition. The applicant will be living and sleeping outdoors in tents and will undertake long and strenuous days. Each participant is expected to be able to take care of him or herself. AMS is not a rehabilitation program, nor the place to quit smoking or drugs, or deal with behavioral or psychological problems. Prior physical conditioning and an enthusiastic mental attitude are a necessity. Participants find AMS programs to be a rewarding, but demanding experience both physically and mentally.

## Note to Medical Examiner & Expedition Participant:

If the AMS participant is scheduled for a high altitude expedition and is allergic to sulfa drugs, it is highly recommended to administer a trial dosage of Diamox before the expedition while under the supervision of a physician. If the participant is over 40 or has a history of heart disease, we recommend a stress echocardiogram.

### The individual wishes to join a program with the following physical demands:

- Mountaineering on mixed terrain which may include slopes of loose rock, steep snow in various stages of metamorphism, roped glacier travel, ice and rock climbing. This program involves strenuous snowshoeing or skiing and cramponing while carrying a backpack weighing 60-90 pounds for up to 8 hours per day and camping in a small tent and/or bivouacking. A full spectrum of weather is to be expected.
- Climbing Mt. McKinley (20,320'), Mt. Aconcagua(22,834'), Mt. Foraker (17,400'), Mt. Hunter (14,573'), or other similar mountains. This expedition will be extremely mentally and physically stressful. Severe weather conditions will be encountered, temperatures can drop to  $-60$  degrees Fahrenheit and winds can blow up to and beyond 100 mph. All group members must be able to participate in activities during these conditions. This expedition can last up to 26 days and can involve prolonged confinement in cramped tents and/or snow caves. Participants will be carrying 60-90 pound backpacks on steep snow and ice slopes at high altitude for more that 8 hours per day. Participants must have strength to work hard every day of the expedition. Climbers on Mt. McKinley commonly have Oxygen saturations (SPO<sub>2</sub>) in the low 80's at 14,000' camp and into the mid 70's at 17,200' camp (high camp).

1. The participant, \_\_\_\_\_, age \_\_\_\_\_, has been examined on \_\_\_\_\_ (mo./day/yr.)

2. Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Blood Pressure: \_\_\_\_\_ Pulse: \_\_\_\_\_ Respiratory Rate: \_\_\_\_\_

3. Physical Appearance & Mental State: \_\_\_\_\_

4. On the basis of the information on this form, your history with the individual, and your current examination, can this person participate in the selected program?  Yes  No

5. General impressions and comments: \_\_\_\_\_

Examiner's Name & Address: \_\_\_\_\_ Title: \_\_\_\_\_

\_\_\_\_\_ Phone: \_\_\_\_\_

\_\_\_\_\_ Email: \_\_\_\_\_

Examiner's Signature: \_\_\_\_\_ Date: \_\_\_\_\_