

Tim MoSeDaLe

for Climbing, Guiding & Instruction



Ama Dablam 2016

Individual details and personal profile

Trip Details

Name of trip: British Ama Dablam Team

Trip Dates: [] Sun 6th November – Sat 3rd December 2016 (KTM – KTM)
[] Sun 13th November – Sat 10th December 2016 (KTM-KTM)

Personal profile and contact details

Name:

Address:

Postcode:

Telephone (home):

Telephone (work):

Telephone (mob):

e mail (home):

e mail (work):

DOB:

Age:

Sex:

Marital Status:

Occupation:

Passport Number:

Passport expiry date:

Issuing Authority:

Nationality:

Appform/AmaDab/16

Medical history

Please list any medical conditions, ailments, diseases, disorders, complaints or recent operations that may affect your performance in the mountains AND / OR at altitude. **If nothing then please state 'none':**

Allergies (please list ANY allergies to food AND / OR medication). **If nothing then please state 'none':**

Medication (please list any medication that you are currently taking or that you use on a regular basis). **If nothing then please state 'none':**

Special Dietary Requirements

Please list any special dietary requirements that you have. **If nothing then please state 'none':**

Previous Experience

(please provide a brief outline profile of your mountaineering and climbing experience):

Hire gear requirements

Please state any equipment that you wish to hire (**please tick Yes or No as applicable**):

Base Camp 1400gms Down bag with liner (£45.00): Yes [] No []

Jumar (£10.00): Yes [] No [] (**if 'Y' state L or R**):

2nd Jumar (£5.00): Yes [] No [] (**if 'Y' state L or R**):

You will be invoiced separately for any of the above items that you require

****IMPORTANT****

Please state the make and model of your boots and crampons (this is so I can ensure that I have suitable spares and repair equipment). Please remember the importance of crampon boot compatibility and that lightweight alloy crampons are not suitable:

Boots:

Crampons:

Next of Kin details

Name:

Relationship:

Address:

Postcode:

Telephone (work):

Telephone (home):

Telephone (mob):

e mail (home):

e mail (work):

Cancellation Policy

Please note that should you cancel your place on the trip then the following cancellation refunds will apply:-

From booking to 9 months prior to trip	- Loss of deposit
From 9 months to 6 months prior to trip	- 35% refund
From 6 months to 3 months prior to trip	- 20% refund
Less than 3 months prior to trip	- No refund

To that end please make sure that you take out appropriate insurance.

Insurance

I cannot emphasise enough that you **MUST** have insurance for the trip – so why not take it out now? The sooner you have insurance the sooner you protect yourself for legitimate cancellation should your circumstances change or you injure yourself.

If you require further details then don't hesitate to get in touch.

Please state which company you will be insured through (if you haven't yet taken out insurance then you can leave this blank).

Company: _____

Underwriter: _____

Valid from: _____

Valid to: _____

****IMPORTANT - PLEASE READ****

By signing up for your trip you are expected to understand that you are participating in a potentially hazardous activity.

As a responsible individual, and as a group member, you will endeavour to avoid these hazards and take appropriate measures to ensure that you are not endangering yourself, or those around you. Such hazards are not always foreseeable and, as such, are not able to be predicted conclusively or listed in entirety. Some examples of the sorts of hazards that may be encountered include stone fall, sunburn, snowblindness, cold injuries, dehydration, diarrhoea, uneven surfaces that may cause twisted or sprained ankles or wrists, other common injuries that may be encountered whilst walking in the mountains (blisters etc), yaks and other animals on the trail etc. Most of these hazards are avoidable by taking the appropriate pre-emptive action and you are expected to act responsibly and appropriately.

You must understand that you are not buying the right to stand on top of a mountain. If, due to adverse weather or snow conditions, or due to poor personal acclimatisation, or if you are deemed to be a liability to the rest of the group for whatever reason, or if the needs of the group deem it, then we as a group, or you as an individual, may be asked to alter the itinerary accordingly.

On a daily basis I will enquire about peoples' health and you are asked to be open and honest about how you are coping with the trek and, in particular, about how the altitude is affecting you. You are also required to inform me if you start taking any medication prior to the trek (other than that listed above) or if you start taking any medication whilst on the trip.

You are required to have worldwide mountaineering insurance appropriate to the area and technicality of the trip you are signing up for and it **MUST** include helicopter rescue from the hills and repatriation. You may also need to ensure that any additional insurance policies, indemnities or other schemes that are supposed to pay any money in the event of death or disablement do not have exclusions or restrictions that mean that you are not protected because you are participating in what they may construe to be a high risk activity. Please contact your insurers and / or brokers if in doubt.

By returning the above information to me you are submitting confidential and sensitive information, and this will be treated accordingly. If deemed appropriate I may ask that certain relevant information be divulged to other group members, or the group as a whole, but this will only be done with your prior consent.

Please sign below to acknowledge that you have read and understand the statements above and that you realise that these terms are not fully and wholly exhaustive.

Signed:

Name:

Application date:

**Elm Tree Lodge, 16 Leonard Street,
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Mobile: 07980 521079

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