



Declaration Form

***Name of Trek/Expedition:** _____ **Date of Trek:** _____

***Name:** _____ **Age:** _____

***Address:** _____

(*Fill up in BLOCK letters)

Our treks take/expedition place in some remote and less-developed regions, without means of rapid evacuation, or medical supplies and facilities. In the event of an accident, illness or injury an evacuation will be slow and uncertain as these trips take place in mountainous, high altitude, or other hazardous terrains. Common and uncommon signs and symptoms of altitude sickness should be expected. These include, but are not limited to sleeplessness, coughing, loss of appetite, nausea, vomiting, and muscle cramps. Severe cases of altitude sickness can include pulmonary and/or cerebral edema. In addition, exposure to microorganisms unknown to our digestive system may cause symptoms from a wide array of gastrointestinal disorders despite the best efforts to treat drinking water and prepare food properly. A poor state of health can greatly increase the dangers and risks that can be incurred on these trips. Therefore, Yourtrekmates require that all climbers and/or trekkers are examined by a physician, are properly immunized for the destination(s), and provide the Part II information.

Date –
Place –

Signature

Disclaimer and Declaration

The Trek/Expedition route in the Himalayas has its share of risks and dangers, especially with respect to the terrain, weather, high altitude, and desolate nature. Accidents on this trek can cause one to get injured, fall ill, and death too cannot be ruled out. I hereby declare that my participation in this trek is completely voluntary, and I am fully aware of the risks involved. I will not hold Yourtrekmates wholly or partly responsible in case of an accident, illness, injury, or death on the trek.

Place:

Name of the participant

Date:

Signature of the participant