Trekking and Hiking Waiver

Participant signs before taking part in trekking. The trek organiser countersigns and keeps a copy.

Trek organiser and session details

ORGANISER NAME

CONTACT PHONE

TREK NAME

START DATE

END DATE

MAX ALTITUDE (M)

GRADE

TREK LEADER

Participant

FULL NAME

EMAIL

PHONE

DATE OF BIRTH

BLOOD GROUP

ID TYPE

ID NUMBER

PRIOR HIGH-ALTITUDE TREKS

EMERGENCY CONTACT NAME

EMERGENCY CONTACT PHONE

Health declaration

Any heart, lung, asthma or blood-pressure condition?

○ No ○ Yes

Past altitude sickness (AMS, HAPE or HACE)?

○ No ○ Yes

Any knee, ankle or back problem?

○ No ○ Yes

IF YES, OR ANY ALLERGY OR MEDICATION, GIVE DETAILS

☐ I am fit to take part in trekking and will tell the staff at once if that changes.

Risks of the activity

Trekking carries real risks, even with trained staff and good equipment. They include:

- Acute mountain sickness and, rarely, life-threatening HAPE or HACE
- Falls, slips and rockfall on steep or icy trails
- Sudden snow, rain, cold or lightning; hypothermia

- Remote terrain with no phone signal; evacuation can take many hours or days

Rules

1. Follow the trek leader's decisions on turning back, pace and campsite.
2. Carry the gear on the kit list, including rain and cold-weather layers.
3. No alcohol or smoking on the trek.
4. Report headache, nausea or breathlessness at once.
5. Carry out all waste you bring in.

☐ I will follow them and any instruction from the staff. Staff may stop me from taking part if a rule is broken.

Evacuation, rescue or an early descent may cost extra and is paid by the participant or their insurer. We strongly advise travel insurance that covers trekking to the planned altitude.

Do you have travel or adventure insurance for this trek?

◯ Yes ◯ No

Assumption of risk and release

- I take part voluntarily and accept the risks described above, as well as risks that cannot be foreseen.
- To the extent the law allows, I release the trek organiser, its staff and volunteers from claims for injury, illness, loss or damage arising from my participation, except claims caused by their gross negligence or wilful misconduct.
- I will compensate the organiser for loss caused by my own breach of the rules or deliberate damage to equipment or property.
- In an emergency, the staff may arrange first aid, transport and medical treatment for me. I will pay the reasonable costs that insurance does not cover.
- Nothing in this release limits any liability that cannot be excluded under Indian law, including the Consumer Protection Act, 2019.

Initials _____

☐ The organiser may use photos or videos of me taken during the activity in its own social media and promotion.

If the participant is under 18

A parent or legal guardian must also fill this section and sign on the participant's line, accepting this release on the minor's behalf.

PARENT OR GUARDIAN NAME	RELATIONSHIP	PHONE

General terms

- Governing law. This document is governed by the laws of India.
- Entire agreement. This document is the whole agreement between the parties on its subject and replaces earlier discussions.
- Amendments. Changes are valid only in writing signed by both parties.
- Severability. If a clause is unenforceable, the rest of the document still applies.
- Electronic signatures. The parties agree to sign electronically; electronic signatures and records are valid under the Information Technology Act, 2000.

Participant

SIGNATURE

PRINTED NAME

DATE

Trek organiser

SIGNATURE

PRINTED NAME

DATE