

**Medical Certificate** (to be filled in by a registered medical practitioner only)

Participant's Name:

Date of birth:

Address:

Does the participant suffer from any chronic disease like Diabetes Mellitus, Bronchial Asthma, Epilepsy, Heart problems etc? If yes, please mention details.

Blood pressure reading

Is the participant under medication of any kind? If yes, please mention details.

Has the participant suffered from any kind of altitude related illness in the past? If yes, give details.

Overall physical fitness

Blood group

Any drug allergies

Any other information related to the health of the participant that would be useful in emergencies.

I have medically examined Mr /Ms \_\_\_\_\_

on (Date) \_\_\_\_\_ and found him/her fit to undergo a trekking expedition in the high altitudes of Himalayas. As per history and clinical examination he/she is not suffering from any chronic disease or any other ailment that can be a deterrent to a trekking expedition.

Name of Dr \_\_\_\_\_ Degree \_\_\_\_\_ Reg No \_\_\_\_\_

Signature and Seal

## Disclaimer and Declaration (to be filled in by the participant)

The \_\_\_\_\_ trek 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 Indiahikes wholly or partly responsible in case of any accident, illness, injury or death on the trek.

Name:

Place: Date: Signature (above)

## Emergency Contact Information

Name of emergency contact (family member only):

Phone number of emergency contact: Mobile: Landline:

Relationship with emergency contact:

## Green Pledge

I promise to be a responsible trekker and leave the mountain trails in a better condition than I find them. I will not pollute the trails, campsites or water bodies. I will bring back 'all' my own waste. As my contribution to leave the trail in a better condition, I will participate in activities to undo damage done by others to the environment.

Name: Signature (above)