



INDIAHIKES
The Indian Trekking Community

36, First Floor, First Main Road, Dena Bank Colony, Ganganagar, Bangalore 560032
Phone: 09343831803, 07676409030 Email: info@indiahikes.in Website: www.indiahikes.in

Personal Medical Record

Personal details

Name:

Age:

Height (in meters):

Weight (in kgs):

BMI (kgs/metres²):

*Online BMI calculation tools are easily available

1. Any previous illness - past 3 months (mention the nature and duration of illness)

2. Any previous injuries – past 6 months (accident/sprain/fracture, etc)

Present condition _____

3. Any operation undergone – past 6 months (mention the nature and result of the operation)

4. Are you under medication of any kind? If yes, please mention details & medicines being taken

5. Do you have any drug allergies?

*This medical certificate has to be printed, filled in and handed over to the trek leader at the base camp.

6. Do you have any previous exposure to high altitude treks? (If yes, please mention the name of the trek and altitude gained)

7. Did you encounter any altitude related problems on your previous trek?

8. Do you have any history of breathlessness (Yes/No): _____

9. Do you have any history of chest pain (Yes/No): _____

10. Have you ever suffered from Asthma or Pleurisy (Yes/No): _____

11. Any history of giddiness or fainting attacks (Yes/No): _____

12. Any history of Epilepsy or any other fits (Yes/No): _____

13. Any history of palpitations (Yes/No): _____

14. Any history of dysentery or jaundice (Yes/No): _____

15. Any history of recurring pain in the abdomen (Yes/No): _____

If there is any other information related to your health that would be useful to us in the case of emergencies, please mention them below.

I _____, certify that the information mentioned above is true and correct to the best of my knowledge. I have not hidden any medical condition and have disclosed all my medical information to Indiahikes which will be useful to them in the case of an emergency.

Place:

Date:

Signature

*This medical certificated has to printed, filled in and handed over to the trek leader at the base camp.



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WAIVER OF LIABILITY, RELEASE OF LIABILITY, AND ASSUMPTION OF RISK AGREEMENT

Read this Agreement carefully. A parent/guardian must sign for minors (under 18 years of age).

Assumption of Risk: I have voluntarily applied to participate in the trek on which I have registered. I am voluntarily participating in this adventure sport with the knowledge of the numerous risks and dangers involved, which include but are not limited to: dangers and risks inherent in adventure activities as trekking; negligence in any manner on the part of **Indiahikes**; emotional trauma; disfigurement; temporary or permanent disability, including paralysis; death; acts of God; the hazards of traveling in remote, unsafe or politically unstable areas or under unsafe conditions; the dangers of civil disturbances and war; forces of nature; transportation failures; equipment failures; accident or illness in remote places without access to medical facilities, transportation, or means of evacuation and assistance; unexpected events; terrorist activities, social or labor unrest; mechanical or construction failures or difficulties; diseases; local laws; climatic conditions; abnormal conditions or developments; or any other actions, omissions, or conditions outside of **Indiahikes'** control.

I acknowledge that trekking in high altitudes entails known and unanticipated risks which could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity. The risks include, among other things: **Acute Mountain Sickness (AMS)** which can further escalate to High Altitude Pulmonary Edema (**HAPE**) or High Altitude Cerebral Edema (**HACE**); exposure to the natural elements can be uncomfortable and/or harmful; I am aware that this exposure could cause sunburn, dehydration, heat exhaustion, heat stroke, and heat cramps; also prolonged exposure to cold can result in hypothermia, frostnip or frostbite, which can even turn fatal; exposure to potentially dangerous wildlife, insects, plants, falling rocks, landslides, accidental drowning, accidental slips and falls on snow, ice and mountainous sections is also a possibility. I also know that there is a risk of equipment malfunction or injury due to third parties. Furthermore, I understand **Indiahikes** employees are qualified, but have difficult jobs to perform. They seek safety, but they are not infallible. No one can predict the weather, the elements, the terrain or altitude sickness with 100% accuracy. I am cognizant of the basic safety rules and instructions concerning these trekking activities. I also understand that it is not the purpose of **Indiahikes** to teach safety rules. I also understand that I am responsible for the safety and good operating condition of any equipment while I use such equipment.

Preparation: I assume **full and complete responsibility** for physically preparing for the trek as prescribed in the eligibility criteria of the trek.

Representation of good health: I certify that I am in good health, have no medical, mental, physical conditions that affect my ability to travel and/or participate in the trekking expedition and have not been advised otherwise by a medical practitioner. I acknowledge that **Indiahikes** is in no way responsible for any costs related to my medical care during or after the trek.

Release of Liability: As lawful consideration of, and as part of the payment for, the right to participate in the trek, and as part of the payment for the services arranged for me by **Indiahikes**, I HEREBY EXPRESSLY AGREE TO BE RESPONSIBLE FOR MY OWN WELFARE AND ASSUME ALL OF THE ABOVE RISKS, INCLUDING BOTH THOSE KNOWN AND UNKNOWN TO ME.

As lawful consideration of, and as part of the payment for, the right to participate in the trek, and as part of the payment for the services arranged for me by **Indiahikes**, I HEREBY EXPRESSLY AGREE TO RELEASE, DISCHARGE AND HOLD HARMLESS FOREVER **Indiahikes**, their owners, employees, affiliated entities, employees, agents, representatives, officers, directors, associates, volunteers, successors and assigns from and against any liability, actions, causes of actions, debts, suits, claims and demands of any and every kind and nature whatsoever which I now have or which may hereafter arise out of or in connection with my trek with **Indiahikes**.

I AGREE THAT THE TERMS OF THIS AGREEMENT SHALL SERVE AS A COMPLETE RELEASE AND EXPRESS ASSUMPTION OF RISK for myself, all members of my family and all minors traveling with me, my and their heirs, successors, assigns, and legal representatives. It is my intention to fully assume all risks associated with this trek and to release **Indiahikes** from any and all liability to the maximum extent permitted by law.

Indemnification: I further agree to “indemnify” (meaning to defend and to pay or reimburse) **Indiahikes** against any claim by any person, including minors, arising in whole or in part from an injury or other loss suffered or caused by me in connection with the expedition or my participation in the trek.

Knowing and Voluntary Execution: I have carefully read and understand the provisions and legal consequences of this agreement, and I hereby agree to all of its conditions. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.

I understand that in calculating the cost of the trek, **Indiahikes** has relied on my consent to these terms and their enforceability. Without this agreement, **Indiahikes** would not be able to offer these services. I agree that execution of an electronic transmission of this agreement shall be deemed execution of the original agreement.

I agree that electronic transmission of an executed copy of this agreement shall constitute acceptance of this agreement.

Signature (18 years of age or older)

Date

Name:

Emergency contact number:

Related by (only blood relative or spouse):

Minors under 18 years of Age –A Parent or Legal Guardian Must Sign This Agreement on the Minor’s Behalf. The Parent or Guardian Must Submit Their Own Signed Agreement Separately if Also Participating in the trek.

I am the parent or legal guardian of the minor. I understand the legal consequences of signing this Agreement, including a) releasing **Indiahikes** from all liability on my and the minor's behalf, b) promising not to sue on my and the minor's behalf, c) assuming all risks of the minor's participation in the trek, and d) indemnifying **Indiahikes**. I understand that I am responsible for the obligations and the acts of the identified minor as described in this document. I agree to be bound by the terms of this document. I have read this agreement in its entirety, and I am signing it freely. No other representations concerning the legal effect of this document have been made to me.

Signature of Minor Participant's Parent/Guardian

Date

Name of Participant's Parent/Guardian

Name of Minor

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