

Mera Peak Trek and Climb



Trek and climb in Nepal

Information Pack

Adventure Facts:



Season: _____ April-May & October-December

Contact DCXP for dates

Start & Finish at: _____ Kathmandu, Nepal

Duration: _____ 22 days

Hotels: _____ 3 nights single (share available)

Camping: _____ 18 nights single tent (share available)

Meals provided: _____ 21 Breakfasts, 18 Lunches, 18 Dinners

Group Size: _____ 6 to 12 (12 Maximum)

(flexible for private groups)

Activity split (days) _____ 5 travel, 13 trek, 1 climb, 3 rest



Highlights

- Trek from the forests and fields of Nepal's middle hills to the alpine environment
- Climb to the glaciated summit of Mera Peak 6476 metres above sea level
- Our experienced guides are there to ensure your safety and enjoyment
- View the Himalayan giants - Mt Everest, Lhotse, Makalu, Cho Oyu & Kanchenjunga
- Develop high altitude expedition experience and skills
- Meet, trek and climb with the friendly and famous local Sherpa people

Attractions

A trek to Mera Peak takes you from the forests of Nepal's middle hills to the alpine environment, culminating at 6476m on the glaciated summit of Mera Peak. The trek through the remote Hinku valley to Mera is a wonderful wilderness experience. We pass pristine forests with banks of strawberries and raspberries. We rest under huge magnolias, discover straight and massive blue spruce and marvel at the enormous variety of rhododendrons (subject to seasonal differences).

The views from high camp and the climbing day are truly spectacular. Mount Everest, Lhotse and Makalu (three of the world's 5 highest peaks) surround you while Cho Oyu, Kanchenjunga and a multitude of intervening glaciers and smaller peaks complete the scene.

We do this trip over a longer period than the 'standard' itinerary, so as to maximize your opportunity for success. Our whole ethos revolves around giving people excellent mountain experiences that will have them wanting to do more.



Call us to book: +61 401 312 240

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katie.sarah@dcxp.com

delivering success

The Journey

Exploring Kathmandu

On arrival in Kathmandu, the capital of Nepal, you will be met at the airport and transferred to our hotel by our staff. We will have our mid-afternoon trip briefing at the hotel: a chance to meet your trekking partners, and staff. They will explain where things are in Kathmandu, what will happen in the next couple of days in preparation for the trip, and check through your gear to ensure the smooth running of the trek and climb.

We'll take the opportunity for a guided sightseeing and cultural tour around the major sights and out of the way places around Kathmandu, as well as exploring on your own.

Day 3-8 Trekking into the mountains

We fly into the mountains and begin our trek from the village of Lukla 2900m. Most of our trekking crew will already be there, having organised all the porters, kitchen gear, personal & group tents, group climbing gear and food for the trip. After all, it is your holiday!

We slowly make our way south through the terraced fields that line the Duhd Kosi to Piuyan and on to Pangum. We wind around ridges covered with rhododendron forest, bamboo thickets and fields, and stop at a dairy where we may be lucky enough to find fresh yoghurt. Pangkongma La marks our entry into the remote Hinku valley and affords views of the middle hills to the south and the Himal to the North.

We keep to the well-made track on the western valley wall, and from Sibuche, catch our first view of the triple summit of Mera Peak. Our gradual acclimatisation program means we will stop at the hamlet of Niumso and use a gorgeous bamboo-surrounded forest camp at Chetra Tenga before heading up to the village of Khote – set among the Hinku Khola's boulders and huge high altitude conifers. A few very small teahouses operate in the warmer months to service local woodsmen and trekkers but they are a far cry from their well-maintained counterparts in the Everest region.

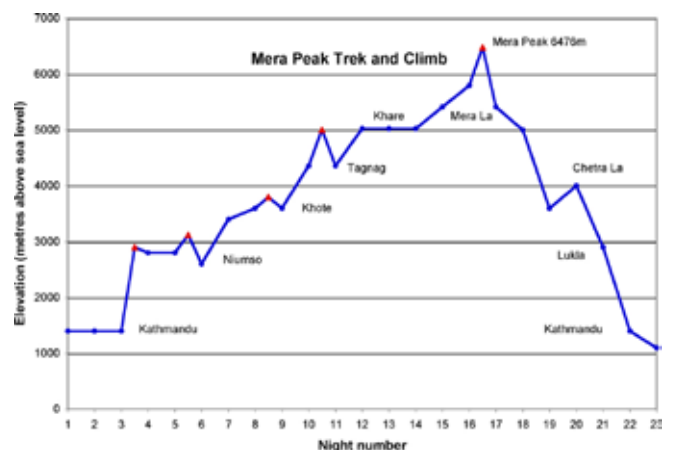
This first section is over good trails through varied country. Some of the trail has only been open for a couple of years and must have taken a mammoth effort to build, with stairs and terraces that skirt waterfalls and bluffs.

We will have plenty of time to relax and read a book in the afternoons and take photographs, and will plan for a rest day in Khote.

Day 9-16 Approaching the summit

As we approach the tiny village of Tagnag, the valley walls steepen and rise to craggy tops and then snow covered peaks up to 6500m high. The famous Kusum Kanguru and fortress-like Kyashar constantly draw the eye and stunning glaciers and icefalls ornament the sides of the peaks. We are now clear of the trees but small alpine plants like dwarf rhododendrons and juniper provide us with some greenery.

We take the opportunity to do a side trip from Tagnag, perhaps a day walk on the flanks of Kusum Kanguru, to help our bodies acclimatise. A trail over the old flood outflow from Lake Sabai Tsho and past an underground river leads us to a yak pasture and up to Khare. Rocky outcrops, moraine ridges and stunning side valleys allow us some further days of exploration and acclimatisation.



The journey...continued

After some basic training in rope work we head up on the glacier to Mera La.

We use two high camps on our way to the summit. Exactly where and when we establish these camps will depend on the conditions on the mountain. We build flexibility into the program to allow for bad weather or delays so as to maximise your chance of success

The Mera Peak glacier is more like an ice cap than the classic valley glaciers of the New Zealand or European Alps and as such is quite low-angled. It offers generally non-technical climbing – one of its great attractions as an introduction to mountaineering.

Day 17-22 return to Kathmandu

With the summit behind us we head back down the valley, crossing a high pass (seems easy now!) called Chetra La and down to Lukla and then Kathmandu by aeroplane.

Day by day Itinerary

Day #	Day activity/ high point	Stay at	Altitude (m)	Accommodation
1	Arrive Kathmandu	Kathmandu	1400	Hotel
2	Day tour	Kathmandu	1400	Hotel
3	Fly to Lukla begin trek	Piuyan	2800	Camp
4	Trek	Pangom	2800	Camp
5	Trek	Niumso	2600	Camp
6	Strenuous Trek	Chetra Tenga forest camp	3400	Camp
7	Moderately strenuous day	Khote	3600	Camp
8	Acclimatisation day, day walk	Khote	3600	Camp
9	Trek	Tagnag	4356	Camp
10	Acclimatisation: Kusim Kanguru Ri	Tagnag	4356	Camp
11	Trek	Khare/Dig Kharka	5025	Camp
12	Rest day/side trip	Khare	5025	Camp
13	Rest day/side trip	Khare	5025	Camp
14	Short steep walk to La camp	Mera La Camp	5415	Camp
15	Short walk to HC	High Camp	5800	Camp
16	Summit day	Khare	5415	Camp
17	Spare summit day	Khare	5000	Camp
18	Trek out	Khote	3600	Camp
19	Trek out	Tuli Kharka	4000	Camp
20	Trek over pass & down	Lukla	2900	Camp
21	Fly to Kathmandu	Kathmandu	1400	Hotel
22	Depart Kathmandu			

Important Note:

Every effort will be made to keep to the above itinerary, but as this is adventure travel in a remote mountain region, we cannot guarantee it. Weather conditions, road conditions, vehicle breakdowns, the health of climbers and other issues can all contribute to changes.

Is it right for me?

DCXP's Mera Peak trek and climb is accessible to experienced trekkers. Although we climb to more than 6000m metres, you do not need to have previous climbing experience.. The trekking and climbing on this trip is strenuous but not technically challenging. The climbing is straightforward and your leader will provide the small amount of instruction

Is it right for me?...continued

needed to use the equipment and keep you safe and secure. Throughout the trip your crew will be on hand if you need help, and particularly so on the days we trek up the glacier. A spirit of adventure and good level of fitness and stamina are the main pre-requisites for this trek.

You will need to be able to walk for around 6 hours a day on uneven ground with your daypack. We have porters to carry our heavy camping equipment, food and climbing gear. There will be time to stop for a long lunch in the sun, to read a book and take some photographs. The route follows the valley wall for the early stages so the terrain is uneven and quite steep in spots, and although not technically challenging, the walking is certainly strenuous.

The climbing phase of the expedition is on predominantly low-angled glaciated terrain. Crampons are used for maximum grip, and harnesses and ropes are used for maximum safety. Our porters assist all the way to Mera La camp, and we have Sherpa support to high camp (we often camp above the snowline) and on to the summit.

Rest days normally involve a part-day hike to a place of interest or viewpoint, and/or some climbing instruction or practice, as well as some relaxation time.

As our high point is more than 6000m metres above sea level climbers MUST take their time to acclimatise. We have developed an itinerary (longer than many other operators) that should enable all members of the team to safely reach the summit and complete the trip in good spirits!

Why go with DCXP

DCXP provides a high level of service on Mera Peak with a time frame (22 days ex Kathmandu) that allows everyone to enjoy the trip and an opportunity to reach the summit. By using a steady acclimatisation program (and avoiding the ill-advised high route into the Hinku) and allowing time for bad weather along the way, we give participants the maximum chance for success. We provide sufficient support and instruction to make this 6000m peak accessible, even to those who have not climbed before.

Your safety is our priority, and our leaders are experienced in wilderness first aid.

DCXP's expeditions are always led by talented and experienced leaders. Your experienced leaders on the trek will work with our local Sherpas and crew who know the region very well, have friends along the trail and have climbed the peak before.

Your accomplished and friendly trek guide will help you to enjoy and appreciate the cultural, and natural attractions of the region. The package uses a steady acclimatisation program and allows time for bad weather along the way, giving participants the maximum chance of success.

Our local Sherpas and crew know the region very well, and have climbed the peak before. It is their job to make the expedition both successful and enjoyable throughout.



About DCXP

DCXP was started by Duncan Chessell and has been operating trips around the world for many years. The experience gained in expedition logistics and health, has been utilised in developing teams of talented staff that are the basis of DCXP consistently high quality expeditions. DCXP is now managed by Katie Sarah, who has been involved with this business since 2006, and has now gained her own experience both in the field - from the remote wilderness of Antarctica to the summit of Everest - and in operating expeditions. Our adventures are to mountainous destinations worldwide including to the seven summits (Mt Kilimanjaro in Tanzania, Mt El'brus in Russia and the extreme summit of Mt Everest to name a few). We arrange custom expeditions worldwide for groups who are looking for an experience that is both an adventure in remote and exciting destinations, but also has the infrastructure and support to help you achieve your goals.

What's included?

Your expedition price includes:

- All airport transfers in Nepal
- Sightseeing tour in Kathmandu
- 4 star hotel with breakfast in Kathmandu
- Individual tents, and full camping service on trek
- Shared mountain tents, sleeping mats at high camps
- Sleeping bag and down jacket rental
- All meals on trek and climb
- Flights between Kathmandu and Lukla (with up to 25kg baggage in total)
- Trekking permits, peak fees and National Park entry fees
- Trek guide, sherpas, cooks, porters
- Local staff insurance
- Group and personal climbing gear such as ropes, snow stakes, and rock and ice protection equipment
- Group kitchen/dining equipment and tents
- The crew will carry a comprehensive medical kit including medical oxygen, Gammov bag and specialised drugs, as well as a satellite phone for emergency communications. Safety of the entire group (including your kitchen and climbing staff and porters) is our first priority



Accommodation and Food

In Kathmandu: We will be staying at the Shanker Hotel (4 star). This charming historic palace has a huge peaceful garden with a pool and is just on the edge of the main tourist area, Thamel. It is safe and clean and well staffed, and is a safe place to leave your clean town clothes and other gear when you are in the hills. There are many restaurants in Kathmandu catering to western tastes as well as plenty of local Dahl Bhat (rice and lentils) shops at very reasonable prices.

On the Trek: We will stay in lodges for some of the trip and will also enjoy full camping style service (cook, kitchen hands, morning tea to your tent door, camp sherpas to help with equipment, porters, yaks etc). Our head cook Gyano has been with us since 1995 and has picked up Thai curries, Italian pastas and a whole host of other dishes, which are very welcoming at the end of a good days trekking. We also have cooked breakfasts and cooked lunches where possible.

On the Mountain: We will use specialised mountaineering tents for our brief stays up high. Food will be prepared by your guide and Sherpas and will be more basic than you might expect at home.

What's not included?

Your expedition cost does not include any of the following:

- International & home country domestic airfares, & excess baggage
- Nepal visa (USD \$40, valid for 30 days, available on entry)
- International departure taxes from Kathmandu (1,695NRs = USD \$25)
- Excess baggage (allowance: 15kg on Kathmandu-Lukla flight + USD \$1/kg excess)
- Tips for crew
- Personal travel insurance (REQUIRED)
- Changes in itinerary, such as extra hotel nights, or break from the group
- Personal expenses such as gifts, phone calls, laundry and drinks (including alcohol)
- Meals and accommodation other than those specified, including outside the trip dates
- Personal clothing and equipment for the trek, plastic boots and crampon rental

Personal and group gear checklist

✓ Personal Clothing etc

- Sun hat suitable for snow conditions
- Sunglasses: glacier type, UV & polarized are best (e.g. Julbo glacier)
- Snow goggles (as for skiing, optional)
- Warm (fleece/wool) hat or beanie
- Fleece scarf or neck gaiter AND Balaclava
- 1-2 pairs of thermal liner gloves
- Wind stopper fleece gloves
- Fleece/wool mitts with wind/waterproof shell (note: mitts not gloves)
- T-shirt/long-sleeved shirt
- 2 Thermal tops and/or 1 thermal + 1 light fleece vest or top
- Fleece jacket heavy weight
- CA Mid-heavy weight down jacket
- Rain and wind-proof jacket, preferably Gore-Tex
- Rain and wind-proof pants
- Trekking shorts &/or long pants light weight
- 1-2 Thermal long pants
- Fleece long pants, mid weight
- Several pairs socks and underwear
- Trekking boots - we suggest strong leather boots
- Warm boots for camp (e.g. sheep skin boots) *Optional but great!

Other Personal Gear

- Sun screen, zinc cream and lip balm
- Wash kit (small personal toiletries, nail clippers and pack towel)
- First aid kit and blister kit (tape or moleskin, band aids, betadine, bandages etc)
- Personal medicines including your usual medicines AND 1 course each of (usually available in Kathmandu):
 - respiratory antibiotic (e.g. Amoxicillin)
 - gastrointestinal antibiotic (e.g. Ciprofloxacin)
 - gastro treatment (e.g. Imodium)
 - mild pain killers (e.g. Aspirin/paracetamol/ibuprofen)
 - throat lozenges (e.g. Strepsils)
 - altitude medication (e.g. Diamox)
 - water purification tablets (e.g. Katadyn Micropur -pkt 50)

✓ Personal Equipment

- Large pack 60-70L
- Large day pack 40L-50L (can use large pack)
- Water containers: minimum 2L:
e.g. Nalgene wide mouth bottles 1L &/or Camelbak bladder.
- DCXP Foam sleeping mat
- An extra sleeping mat (*recommended; e.g. ThermoRest or RidgeRest)
- DCXP Sleeping bag: 900 grams of down with Dryloft outer shell, winter grade
- Water-proof bag for sleeping bag (e.g. dry bag or robust plastic bag(s))
- Head lamp, spare batteries (we suggest one with LED & halogen modes)
- Pee bottle – wide mouth Nalgene's are good *Optional
- R Double (usually plastic) mountaineering boots (e.g. Scarpa Vega, Koflach Arctic Expeditions, etc; sizes 6-12 available to rent)
- R Crampons of rapid-fix, quick-release bail type to suit your boots (e.g. S12 Charlet Moser)
- Gaiters (for snow) appropriate to your plastic & trekking boots
- Adjustable trekking pole(s) *Optional
- DCXP Ice axe: one only, 65-75cm in length
- DCXP Climbing helmet (light weight version would be good)
- DCXP Climbing harness with a belay loop, adjustable leg loops
- DCXP Belay/Abseiling gear: ATC or any belay plate, e.g. Wild Country variable controller
- DCXP 2 Non-locking carabiners
- DCXP 2 Locking carabiners (wide gate preferred)

Group Equipment Supplied by

DCXP

- DCXP Group medical kit (for altitude illness, trauma, reserve antibiotics); emergency oxygen and portable altitude chamber
- DCXP Satellite phone (pay for air time used: USD \$5/minute)
- DCXP Tents, dining tent, all cooking and eating equipment & food on trek/climb
- DCXP Solar panel to recharge camera batteries & for solar light (you'll need a car adapter for your device)
- DCXP Barrel or duffle bag for transporting personal gear by Yak and truck
- DCXP Climbing ropes, fixed safety ropes
- DCXP Snow anchors, ice anchors, rock anchors, v-thread cord

NOTE: You must have all of the above personal gear, clothing and equipment. It may be possible to buy some extra equipment (if forgotten) but don't rely on it.

R: This item is available to rent

DCXP: DCXP provides this item

Mountain Designs Equipment - VIP privileges

Members of DCXP Expeditions receive a Mountain Designs VIP 15-20% discount card valid from the time your deposit is received to the start of the expedition. Mountain Designs manufactures high quality outdoor gear suitable for your expedition. You can visit one of Mountain Designs' 35 outlets in Australia and New Zealand (see www.mountaindesigns.com for locations).

Travel Insurance

We recommend cancellation insurance to protect your investment. We require participants to have travel insurance that covers medical expenses, evacuation and repatriation. Please ensure that your chosen policy provides cover for the activities (trekking and mountaineering with ropes and guides) and in the localities in which you will travel (Nepal, to elevations up to 6,476 metres above sea level).

You may already have your own policy but if not we can suggest either World Nomads <http://www.worldnomads.com> or Covermore <http://covermore.com.au>. You will also require insurance that will cover climbing with fixed ropes. We recommend IHI insurance, which we can also help you organise. This policy is available from the link on our website. Whichever policy you choose, please read the relevant policy details in full.

How do I book?

Step 1 Complete the booking form contained in this document.

Step 2 Pay your deposit by telegraphic transfer. Please use the bank details below, make sure you tag your payment with YOUR name, note details of payment and email them to us.

Bank details for direct payments **USD DOLLARS**. Ask your bank to make an international Telegraphic Transfer to:

Account number: 2431902

Account holder: Arun Treks and Expedition (P) Ltd.

Bank: Nepal Investment Bank Ltd.

Branch address: Durbar Marg, Kathmandu, Nepal

Swift code: NIBLNPKT

Please mark your payment with YOUR name, and advise me at katie.sarah@dcxp.com



PO Box 644 Kensington Pk Sth Australia 5068

katie.sarah@dcxp.com

Personal details & trip details

Name as on passport: First name(s): _____ Middle names: _____
 Last name: _____ Sex: Male or Female
 Passport number: _____
 Home address: _____
 Postal address: _____
 Phone number: AH: _____ BH: _____
 Mobile phone: _____ Which is your preferred phone number: Home Work or Mobile
 Email address: _____
 Date of birth: (dd/mm/yyyy) _____ Nationality (as on passport): _____
 Shirt size: XS S M L XL XXL Boot Size: _____ UK or USA (for climbing trips)
 Trip applied for: _____
 Start date: _____ Finish date: _____
 How did you hear about the trip?: _____
 Previous Experience: _____
 Special Dietary Requirements/Food Allergies?: _____

Next of kin (Emergency) contact details

Name: _____ Relationship to you: _____
 Phone number (preferred): _____ Mobile ph: _____
 Email: _____
 Residential Address: _____

Self assessed fitness / readiness for trip

Height (cm): _____ Weight (kg): _____ Resting heart rate: _____
 Evaluate your general health: poor average good excellent
 Evaluate your fitness: poor average good excellent
 Please NOTE that you will on most trips be required to have your Doctor fill out a medical clearance certificate in addition to this information

Self assessed questions	Yes	No	Details
Do you feel you are physically prepared (or will be before commencement) for the trip that you are planning to undertake?			
Do you have any medical illnesses, infirmities, disabilities that require the regular care of a doctor?			
Do you have allergies, to food, bites, stings, drugs?			
Are you allergic to penicillin?			
List all the medications you are taking currently and the dosages			
Have you been hospitalised or had surgery in the last five years?			
Do you have any heart or respiratory problems?			
Are you a diabetic?			
Do you suffer from epilepsy or seizures of any kind?			
Do you have any physical or mental limitations that might preclude you from this trip?			
Are you pregnant?			

Booking conditions, waiver, pricing policy

Name as on passport: First name(s): _____ Last name: _____

Trip Name: _____ Start Date: _____

Total Trip cost: _____ Currency (listed on website): USDS _____

Deposit due: _____ Currency (listed on website): USDS _____

Base Currency price policy

Each trip is generally quoted in USD as listed on the website. The currency converter is indicative of a "mid rate" and the actual FX rates vary widely from bank to bank. We require payment in this currency to be able to stabilise the price. Our agents and offices hold multi-currency bank accounts to facilitate this process, speak to your booking agent who will obtain an invoice for you from Arun Treks and Expeditions (P) Ltd (hereafter referred to as Arun Treks) in the appropriate currency and assist with payment either by EFT, telegraphic transfer, cheque or cash as appropriate. If you pay by prior arrangement with your agent in another currency be advised a FX surcharge may apply.

Travel insurance & Doctors certificate

As a pre-condition for delivery of service you agree to return 60 days ahead of the start date of your trip, a Doctors certificate (that we will supply) stating you are fit for your intended journey and hold valid travel insurance appropriate to the journey intended that covers medical expenses and evacuation, i.e. climbing coverage for expeditions.

Booking Conditions

Risk Awareness / Liability Waiver

I have been advised by DCXP as agent for Arun of the following matters in relation to my upcoming trip with Arun Treks. I have been advised that travel, trekking, climbing and especially mountaineering are inherently dangerous activities. I may be killed, injured, incapacitated and experience pain, illness and suffering. I may experience loss, damage or theft of my property. Any of the above may not be Arun Treks or DCXP's fault or the fault of anyone. These incidents may be caused by others in my party, employees or directors of Arun Treks, their subcontractors or even my guide, may be caused by environmental factors, or even just physical or mental exhaustion which can happen at any time on my trip. There is no way of predicting all the hazards I may face. While Arun Treks will take reasonable precautions to minimise the risks, there is no way Arun Treks can guarantee my safety on this trip 100%.

I acknowledge that often the areas of operation are remote with little or no immediate medical support. In some remote areas self-rescue is the only option. My guide may need to begin first aid appropriate to the remoteness of the area and the nature of my ailment. By signing this document I certify that I have read and understood these risks and they are acceptable to me.

I also agree not to seek compensation, financial or otherwise from any incident that might occur during or associated with the trip, from Arun Treks or DCXP, or their respective directors, officers, employees, agents, partners or subcontractors.

Arun Treks and its agents including employees, guides, leaders, subcontractors and porters shall not be liable for loss, death or injury, to any of its clients or loss or damage or delay to their baggage, personal effects or other property arising from the following:

1. Acts of God including but not limited to Landslides, Ice Cliff Collapse, Avalanche, Earthquakes, Flooding and Fire;
2. Civil disturbances of any nature including but not limited to War, Revolution, Riots, Strikes or Labour Shortages;
3. Environmental Factors such as changes to trails rivers and valleys, loose rocks, unstable snow, unstable ground, bad weather;
4. Any other circumstance beyond our control and responsibility.

Cancellation Policy

Your non-refundable deposit amount is specific to each trip and listed on the DCXP website or trip documentation. If you cancel you lose your deposit.

Payment in full is normally due 60 days ahead of departure date, if you don't pay by this date you can lose your place on the trip and your deposit is forfeit. In rare cases earlier payment will be required.

Normal Policy Is:

If you cancel 60-31 days before departure date you lose 50% of your payments.

If you cancel less than 31 days before departure date you lose 100% of your payments.

If you cancel and we are able to fill your place on the trip we may refund your money at our discretion. This would normally be subject to an administration fee. We may also choose to offer you another trip (transferable) at our discretion. Arun Treks reserves the right to vary or cancel a trip or a specific departure and will endeavour to advise you of cancellations not less than 42 days before departure. In the event of Arun Treks cancelling a trip, we would work with all the members of the trip to try to provide an alternative venue. If you do not accept alternative arrangements we will refund all payments you have made to Arun Treks, less any unrecoverable costs. Arun Treks will not be liable for any additional costs incurred by you such as airticket cancellation fees or changes. We advise you to have a travel insurance policy that covers cancellation.

Itinerary Policy

Arun Treks will make every effort to achieve the objectives of the given trip/expedition. By signing below I understand that variations may be necessary for reasons including but not limited to; safety, interruptions to transportation, political unrest, prevailing weather conditions and the needs of the group.

Trip Price Policy

The trip price may change at any stage. Changes might be due to international currency fluctuations, inflation, fuel prices, conditions, fees or other changes. Once your full payment has cleared into our account, we would normally not vary the price. If the trip price were to vary considerably (>10%) after you had paid your non-refundable deposit and you decided to cancel we would likely allow a full refund or transfer to another trip.

For included/excluded items and any special conditions, see the Info Pack for each specific expedition.

Acceptance

I have read and understood, and accept, the Risk Awareness / Liability Waiver, Cancellation Policy and the Trip Price Policy. I acknowledge and accept that DCXP is an agent of Arun Treks. I understand and accept the risks that have been explained to me, I hereby waive my right to bring any legal claim against Arun Treks even where Arun Treks and its Employees, Agents or Contractors would otherwise be deemed liable due to Gross Negligence, Breach of Contract or otherwise.

Signed: Date: Name:

If under the age of 18 please have a parent or guardian sign for you.



Instructions

This document DUE 60 days from the start of the trip please.

PLEASE attend to these details at the first available moment.

Please fill out this as carefully as possible and fax, post or scan/email this into our reservations team.

Latest contact details can be found on the website.

If you can only fill out one section send that in now and update the second part later, please.

Personal details & trip details	
Name as on passport: First name(s): _____	Middle names: _____
Last name (Surname) : _____	Sex: Male or Female
Trip name: _____	Start date: _____
Passport Number: _____	Nationality: _____
International flight information	
Arrival City: _____ (city name) _	Departure City: _____ (city name) _
Arrival Date: _____ (dd-mm-yyyy) _	Departure Date: _____ (dd-mm-yyyy) _
Arrival Time: _____	Departure Time: _____
Arrival Flight No: _____	Departure Flight No: _____
Hotels: Single Supplement and Travelling Companion	
Do you require a SINGLE SUPPLEMENT for your Hotel: Yes or No: _____ Camping/Lodges: Yes or No: _____	
Note that some trips a single supplement is included, if not a quote for the specific trip will be sent to you for approval and payment, before we book it.	
If you are travelling with someone and would like to be allocated a hotel room together, please specify below. Note some trips are share basis and you will be assigned someone to share with if you do not specify someone below. EXCEPTION - females will not be required to share with a male unless specifically requested! A single room will be provided for you in this situation at no cost.	
Name of travelling companion: _____	Room Setup: Twin Share (two single beds) or Double (one large bed)
Further instructions: _____	
Travel insurance details	
Please Note: The insurance company you have chosen to take cover with has a 24 Hour world-wide emergency assistance service. Should an accident occur after you have departed for your trip, DCXP needs to be able to contact the emergency assistance section of your insurance company. Therefore we need to know who they are and a contact phone number for them. Please note this is a different number to general enquiries and claims.	
The following are two examples of Insurance companies and their emergency assistance contact details.	
Company: Covermore 24 hour emergency provider: Customer Care Pty Ltd 24 hour emergency Ph: +61 2 8907 5619	Company: IHI (good for mountaineering cover) www.ihl.com 24 hour emergency provider: IHI 24 hour emergency Ph: +45 33 15 33 00
Primary Policy	Second Policy (if required)
Company: _____	Company: _____
Policy Number: _____	Policy Number: _____
24 HR Emergency Provider: _____	24 HR Emergency Provider: _____
24 HR Emergency Ph: _____	24 HR Emergency Ph: _____
It is in your best interest to purchase travel insurance as soon as you book your trip to cover cancellation costs, for example if you become ill before the trip and can not attend some travel insurance policies will re-imburse all your lost funds.	