

Mt Saribung and Mustang Expedition



Recently released new expedition peak in the border area between Mustang, the Annapurnas and Tibet

Information Pack



| | |
|------------------------|---|
| Start & finish at: | Kathmandu, Nepal |
| Duration: | 29 days or 23 days (ex Kathmandu) |
| Trip cost: | 29 days \$5,900 USD; 23 days \$5,500 USD |
| Hotels: | Kathmandu 3 nights single room B&B basis |
| Camping: | Full service camping trek, BC and High Camps |
| Meals provided: | All on trek & climb + breakfasts in major cities e.g. Kathmandu |
| Group Size: | 6-12 climbers |
| Activity split (days): | 2 prep KTM, 2 local travel, the rest - trek and climb |



Call us to book: +61 8 8232 4433
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delivering success

Highlights

- Climb to the summit of Mt Saribung 6328m
- Trek through one of the last bastions on the planet that Tibetan culture still exists. The Mustang region between the Annapurna region and the Tibetan border is an area newly opened to foreigners.
- Trek the best day of the world famous Annapurna circuit without having to do the whole 3 weeks walk!
- Visit a peak without the crowds

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.

The Journey

Brief Itinerary

Option 1

Day 01: Arrival In Kathmandu

Day 02: Sightseeing Tour In Kathmandu

Day 03: Drive To Jagat

Day 04: Dharapani

Day 05: Koto (2685m)

Day 06: Methang Pati (3560m)

Day 07: Khyang (3820m)

Days 08: Phu (3980m)

Day 09: Stay Phu

Day 10: Tsharin (4615m)

Days 11-12: Saribung Base Camp (4950m)

Day 13: Glacier Camp (5425m)

Day 14: Camp One (5730m)

Days 15-16: Saribung Summit attempt (6328m)

Day 17: Cross Saribung La (6042m)

Day 18: Damodar Kunda

Day 19: Trek to Bas Khola

Day 20: Trek to Yara

Day 21: Trek to Lo-manthang



Day 22: Lo-manthang

Day 23: Trek to Tsarang

Day 24: Trek to Ghami

Day 25: Trek to Chele

Day 26: Trek to Kagbeni

Day 27: Trek to Jomsom

Day 28: Fly to Kathmandu via Pokhara

Day 29: Trip Ends

The Journey...continued

Option 2

- Day 01: Arrival In Kathmandu
- Day 02: Sightseeing Tour In Kathmandu
- Day 03: Drive To Jagat
- Day 04: Dharapani (1860m)
- Day 05: Koto (2685m)
- Day 06: Meta (3560m)
- Day 07: Khyang (3820m)
- Days 08: Phu (3980m)
- Day 09: Stay Phu
- Day 10: Tsharin (4615m)
- Days 11-12: Saribung Base Camp (4950m)
- Day 13: Glacier Camp (5425m)
- Day 14: High Camp (5730m)
- Days 15-16: Saribung Summit attempt (6328m)
- Day 17: Trek to Phu
- Day 18: Trek to Methang
- Day 19: Trek to Koto
- Day 20: Trek to Tal
- Day 21: Trek to Jagat
- Day 22: Drive to Kathmandu
- Day 23: Depart



The Team

We will have with us a highly experienced sherpa team to assist with fixed lines, camps and general mountain guiding. High altitude porters will also assist with setting up the high camp. Everyone will need to carry their own day pack with warm jacket, water, camera and some food with them on the mountain and trek at all times. Due to the altitude this will be a tough climb and require a HIGH level of aerobic fitness. The Sherpa team will be employed to get safety equipment in place, such as fixed lines, medical kits, emergency oxygen supplies, setup camps, assist with food and hot drinks. But, alas, they will not carry you to the top -you will have to do that yourself!



Kathmandu

On arrival in Kathmandu, our staff will meet you at the airport and take you to our hotel. We will have our mid-afternoon trip briefing at the hotel which is also a chance to meet your trekking crew. Your leader will explain where things are in Kathmandu and what will happen in the next couple of days. You can take this opportunity to also check through your gear and 'ask an expert' to ensure the smooth running of the trek and climb. We can also sort out rental gear or included loan equipment from our store in Kathmandu.

The Journey...continued

Into the hills - getting to base camp

Leaving Kathmandu we will drive to Jagat. This is the start point for the trek, where we will meet the rest of our Sherpas and begin our trek immediately. Our trek crew will prepare the loads and organise with the porters for all the equipment to go to base camp (BC).



We will be trekking during the first two weeks through the ancient Kingdom of Mustang, a throw back in time to Tibet pre-invasion, with the border only a few days walk away this region is dominated by people of Tibetan origins. The landscape is similar to Tibet in the north as the area is much higher, drier and dustier than the rest of Nepal. We should see some great examples of Tibetan buddhist monasteries, people and culture. This is also a restricted area for trekking which requires a special (expensive) trekking permit. Which does at least mean we are likely to be on our own! When China invaded Tibet in the 1950's the semi-independant state of Mustang asked to join Nepal and was thus sheltered from the annexation of the rest of Tibet to China. This section should be culturally very instersting and a great time to use the camera.

As we make our way slowly upwards we pause at a couple of villages to aclimatise as this will be a tough part of the trip, aclimatising and getting used to trekking for 5-7 hours a day. Once we get toward the upper Mustang area we go past the last villages

and head into the mountains which now close in all around us as we snake our way up a glacial moraine to our ABC (Advanced Base Camp). From here we will strike out to the summit using a high camp at just over 6000m to stage our summit bid.

The trek in

For those of you who have been on a full service Nepal style camping trek with DCXP before you will know what to expect, but for those new to us or the Himalayas, you will be amazed at the work level of the local staff, cooking breakfasts and dinners if not lunches as well. Dining tents are provided to our climbers for eating, hot drinks, playing cards and a kitchen tent is used by our staff to prepare meals, hot drinks and wash up all the dishes. So it's luxury camping but still camping! This crew will accompany us to BC but no further and wait for us to return from the mountain.



Climbing Phase

The route is fairly straightforward much like a Mera Peak in technical difficulty, i.e. non-technical. The peak is remote, high altitude and on glaciated terrain so ropes will be used to prevent climbers falling into crevasses. We will be doing some long days of up to 10-14 hours on summit day, so a HIGH LEVEL of fitness is required. Not only for the climb but also the trek out. As we are on a fairly tight schedule we have a fairly quick walk out planned, so training for endurance is going to be the key. On the mountain we will share tents and have a simpler food menu.

Trek out end of trip

Once the climbing phase is completed it is time to trek out again to meet the bus and head back to Kathmandu. This is where the team may split, so your journey out depends on which option you choose!

Is it right for me?

This trip is aimed at people who want a unique experience with an emphasis on trekking with a few days of climbing thrown into the mix. There is little or no time planned to be stuck in a bus, car or city, as we have maximised the number of days in the field. You will enjoy a fully supported, full service camping trek style expedition. A high level of supervision is given on the climbing sections, so little technical expertise is necessary with our top guides and sherpas on the job.

Fitness is the key consideration with endurance being the most important factor in long expeditions to the Himalayas. If you are fit and motivated but lack technical climbing skills or suitable experience we have options to keep you safe and get you as far up the mountain as possible. We might depending on your CV send you out for a 1 or 2 day rock climbing course in the Adelaide hills or for a weekend in the Grampians if deemed required.

Fitness

Any expedition that goes to 6328m requires a VERY HIGH level of aerobic fitness. Your resting heart rate should be below 65 but preferably below 55. You should be able to cover 20km on flat ground in under 2.5 hours and walk with a very light pack for 100km in less than 24 hours on a mixture of flat and hilly terrain (e.g. Trail Blazer). Endurance and the ability to carry a heavy pack in training of up to 20kg is more important than sprint ability. Upper body strength will not be a big factor in this climb, more legs and lungs.

You should be capable of completing a Trailblazer 50km in 9 hours or less or the 100km in less than 24 hours. This could be an excellent goal to set yourself and your team mates to prepare yourself for the trip. (But do not do the SA one which is probably the week before you head off to Nepal - you may be risking injury too close to the expedition!)





What's included

- All airport transfers in Nepal
- Three nights at the four star Hotel Shanker in Kathmandu, single room (shared available). This charming historic palace has a peaceful garden with a pool and is just on the edge of the main tourist area, Thamel
- All meals on trek & climb, breakfasts in Kathmandu (Shanker Hotel is on bed & breakfast basis (BB))
- Trekking permits, special area permits and National Park fees
- Expedition climbing permit, liaison officer fees, rubbish deposit and levies
- Individual tents on trek and at BC (warmer shared tents are available also)
- Shared mountain tents and sleeping mats at high camps
- All meals, cooking and dining equipment on trek and climb, and full camping service on trek
- Expedition leader, sherpas, cooks, porters, all with local staff insurance
- Group climbing gear, tents, stoves, cooking pots, ropes, anchors
- Walkie talkies, base station radio
- Medical equipment, Gammov bag and emergency oxygen
- Down jacket and sleeping bag each
- Climbing equipment kit including harness and ice axe as per gear list (excluding plastic boots and crampons)
- 240V AC generator at BC for re-charging batteries (limited use) as per domestic Australian power point

What's not included

Your expedition cost does not include any of the following:

- Domestic or international airfares to Kathmandu
- Excess baggage
- Nepal visa or International departure taxes from Kathmandu
- Excess baggage (allowance: 20kg /person to BC)
- Tips for trek crew, around USD \$200 per person average
- Changes in itinerary, or break from the group
- Personal expenses such as gifts, phone calls, laundry and drinks (including alcohol)
- Meals and accommodation other than those specified, such as outside the trip dates or break from group
- Personal clothing and equipment for the expedition
- Summit bonuses for team climbing Sherpas of USD \$100 per climber
- Medical evacuation
- Personal climbing gear rental
- Use of the satellite phone is extra!

Mountain Designs Equipment - VIP privileges

ALL members of our team 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 6,328 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 policies 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@chesselladventures.com



Level 1, 228 Rundle Street Adelaide Australia
katie.sarah@dcxp.com

Personal and group gear checklist

✓ Personal Clothing etc

- Travel and town clothes (can leave extras in hotel in KTM)
- Sun hat suitable for snow conditions
- Sunglasses: Category 3 or 4, glacier type, UV & polarized are best
- Snow goggles (as for skiing)
- Warm (fleece/wool) hat or beanie
- Fleece scarf or neck gaiter AND balaclava
- 1-2 pairs of thermal liner gloves
- Windstopper fleece gloves
- Heavy mitts with waterproof shell (note: mitts not gloves)
- T-shirt/long-sleeved shirt
- 2 Thermal tops
- Fleece jacket or pullover mid weight
- Fleece jacket heavy weight

DCXP Mid-heavy weight down jacket

- Rain and wind-proof jacket, preferably Gore-Tex
(make sure jacket goes over other clothing when layered up!)
- Rain and wind-proof pants (preferably with full side zips)
- 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
 - altitude medication (e.g. Diamox)

✓ Personal Equipment

- Day pack 35L - 45L (needs to fit a down jacket, water, camera, gloves)
- Water containers: minimum 3L: e.g. Nalgene wide mouth bottles 1L + bottles or bladder another 2L capacity

DCXP Foam sleeping mat

- An extra sleeping mat (*recommended; e.g. ThermoRest or RidgeRest)

DCXP Sleeping bag for base camp and trek use

- Water-proof bag for sleeping bag (e.g. dry bag or robust plastic bag(s))
- Head lamp (we suggest Black Diamond with LED), spare batteries
- 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) or One Sports
- R Crampons Alpine style with rapid-fix bail type to suit your boots (e.g. Black Diamond Sabretooth)
- Gaiters (for snow) appropriate to your plastic & trekking boots
- Adjustable trekking pole(s)
- R Ice axe: one only, 65-75cm in length
- R Climbing harness with a belay loop, adjustable leg loops
- R Belay/Abseiling gear: e.g. Black Diamond ATC
- R Ascender e.g. Petzl expedition ascender
- R 2 Non-locking carabiners
- R 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 Sleeping tents, dining tent, all cooking and eating equipment & food on trek/climb
- DCXP 240V AC generator at BC to recharge camera batteries
- 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

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, thanks :-)

| | |
|---|---|
| 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. | |