

Himalayan Technical Climbing Course



Trek and climb the Nepalese Himalaya

Information Pack

Adventure Facts:



Season: _____ March-May & October-mid December
contact DCXP for dates and current price

Start & Finish at: _____ Kathmandu, Nepal

Duration: _____ 32 days

Hotels: _____ 3 nights single (share available)

Lodges: _____ 13 nights

Camping: _____ 15 nights single tent (share available)

Meals provided: _____ 31 breakfasts, 28 lunches, 28 dinners

Group Size: _____ 6 to 12 (12 Maximum)

Activity split (days) _____ 5 travel, 17 trek, 7 climb, 3 rest
_____ (Plus extra climbing on some afternoons)



Highlights

- Trek in and around all the major valleys of the Everest region of Nepal
- Learn about climbing from professional qualified mountain guides
- Rock-climb to the summit of Pokhalde (5750m) with panoramic views of the Khumbu region
- Develop high altitude experience and build the foundation for your future climbing exploits
- Snow-climb Lobuje East (6100m) adjacent to Everest
- Climb the DCXP-pioneered Grand Traverse of Island Peak (6189m elevation)
- Develop and practise climbing skills at scenic spots in the Khumbu: giving you the opportunity to familiarise yourself with ropes, anchors, crevasses, crampons, ice axes

Attractions

What a view! At 6189m, Island Peak (Imja Tse) is a must-do for the hardy trekker or aspiring climber. The peak rises 1100m from the valley floor and its views of Mount Makalu (8481m) and the looming south face of Mount Lhotse (8501m) will stay in your mind forever.

Our advanced technical skills mean that we can safely climb this beautiful peak by the DCXP-pioneered Grand Traverse route, just one of the objectives of your trip. Our other principal objectives for this expedition are ascents of Island Peak's dramatic counterparts Pokhalde (5750m) and Lobuje East (6100m) as well as Gokyo Ri and Kala Pattar.



Call us to book: +61 401 312 240

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delivering success

The Journey

Trekking in the Gokyo Valley

We will head up into the stunning Gokyo Valley where the track clings to the western side and the valley walls are so steep that steps are needed to surmount parts of them. Until quite recently only yak herders visited the Gokyo Valley in the summer months but demand from the trekking industry has seen the expansion of a number of small villages, some of which are simply delightful. You will be amazed at the bowling green-smoothness of the walled yak pastures among this amazingly rugged terrain. We will take our time heading up the valley, as acclimatisation in these early stages of the trip is vitally important. The Gokyo Lakes toward the head of the valley are stunning, and Gokyo Ri (5340m), the first of our high points, offers views to Cho Oyu and Everest as well as down the valley.

Crossing back to the Khumbu Valley

We cross the Gokyo Valley near Dragnag and approach the Cho La – the high route into the Khumbu. The glacier is quite flat and relatively crevasse free if you know the right route – depending on conditions we may not even need our crampons! From Dzongla on the eastern side we head down and around to near the village of Lobuje to make our first real base camp. We will spend a few days on ropes skills and rock climbing on the lower parts of Lobuje and will make a day trip to Kala Pattar (spectacular high point number two at 5555m), and Everest Base Camp.

Lobuje East

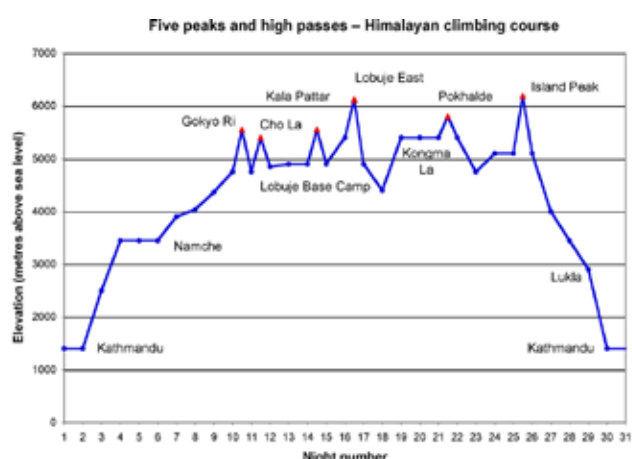
After all this preparation we will be acclimatised and ready for Lobuje East itself. From a high camp, which is usually on rock, the ascent of stunning Lobuje East (6119m) requires cramponing on moderately angled snow with quite serious exposure to the valley below. As a consequence we will have the opportunity to test out our rope techniques on the way to a spectacular view to Everest, Lhotse, Nuptse, Pomori and innumerable white fangs all around.

Kongma La

After a big feed and a good sleep we will head up over another pass, Kongma La, to enter the valley of the Imja Khola. Our high camp by the lakes gives terrific access to a remanent glacier that is perfect terrain for teaching crevasse rescue and ice climbing – steep steps of ice cliffs. We will have a chance to practice our cramponing technique as well as steep ice and rope skills.

Pokhalde

Our Kongma La camp also makes a great base camp for a scramble up Pokhalde (5806m). The climb to the summit of Pokhalde is relatively straightforward rock climbing and provides fantastic views of the valleys all around and particularly back to Lobuje East and its neighbours. From there we trek east, to Chhukung and on to Island Peak.



Island Peak

Island Peak (Imja Tse) may be climbed by a number of different routes. We intend to carry out a 'Grand Traverse', ascending The Cook's ridge, traversing the summit ridge and descending the standard route. The summit icecap is cut with crevasses and there is some steep ground, so we will make use of our recently polished glacial travel, cramponing and rope skills. This is a truly spectacular peak, surrounded by enormous mountains, and the technical nature of our course means that we can explore some of its less travelled slopes.

The journey...continued

Descending the Khumbu

After exploring all the valleys of Sargarmatha National Park, having climbed a number of its trekking peaks and view points, crossing passes and glaciers and having worked up our mountaineering expertise, our objectives will be complete. We'll head off back down the valley at something approaching lightning speed – you will be amazed at how fit and strong you are!

Day by day Itinerary

Day	Activity	Stay at	Altitude (m)	Accommodation
1	Arrive, trip briefing, explore	Kathmandu	1400	Hotel
2	Packing, theory, explore	Kathmandu	1400	Hotel
3	Fly to Lukla and begin trek	Phakding	2500	Lodge
4	Trek to	Namche	3450	Lodge
5	Rest day	Namche	3450	Lodge
6	Day trip to Thame	Namche	3450	Lodge
7	Trek via Khumjung to	Mong La	3900	Lodge
8	Trek to	Dole	4040	Lodge
9	Trek to	Lharfarma	4370	Lodge
10	Trek to	Gokyo	4750	Lodge
11	Climb Gokyo Ri	Gokyo	4750	Lodge
12	Cross Cho La	Dzong La	4850	Lodge
13	Trek to	Lobuje BC	4900	Camp
14	Day trip to Kala Pattar	Lobuje BC	4900	Camp
15	Rest day	Lobuje BC	4900	Camp
16	Carry to	Lobuje HC	5400	Camp
17	Climb Lobuje Summit	Lobuje BC	4900	Camp
18	Easy trek to	Dingboche	4400	Camp
19	Moderate trek to	Kongma La	5400	Camp
20	Snow skills	Kongma La	5400	Camp
21	Snow skills	Kongma La	5400	Camp
22	Climb Pokhalde	Kongma La	5400	Camp
23	Snow skills	Kongma La	5400	Camp
24	Trek to	Chhukung	4750	Camp
25	Trek to	Island Pk BC	5100	Camp
26	Rest day - fix ropes	Island Pk BC	5100	Camp
27	Grand Traverse	Island Pk BC	5100	Camp
28	Trek to	Pangboche	4000	Lodge
29	Trek to	Namche	3450	Lodge
30	Trek to	Lukla	2900	Lodge
31	Fly to	Kathmandu	1400	Hotel
32	Depart for home			

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.

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 owned and 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.



Why go with DCXP

DCXP expeditions are always led by talented and experienced leaders. Your expedition leader will be an experienced guide, with assistance from our tried and trusted Nepalese Sherpas (many of whom are NMA qualified) and trained cooks.

We know there are many options for visiting this region. Over the years DCXP has gained a proven track record in providing safe, professional and successful mountain journeys. We pay particular attention to designing itineraries which allow the majority of participants to enjoy their adventure, and to succeed in reaching their goals. Our quality equipment, dedicated staff and attention to logistical detail means that many of our participants return for another DCXP expedition!

DCXP's climbing course is a great way to get yourself into the mountains and develop the core skills you need to climb mountains, at the same time, gain valuable exposure to altitude, long expeditions and the Himalayas.

We ensure participants develop real ownership by learning and putting into place real mountain skills. Our course starts with a mountain guide teaching you methods and skills, but later acting as your coach, checking things are how they should be and helping you make decisions on the mountain. This experience can be the basis for people to climb their own peaks in the future, or to take on more challenging guided adventures.

By the end of the trip participants can safely belay, abseil (rappel), efficiently move along fixed ropes, fix their own rock, snow and ice anchors (and assess those prepared by others), and climb moderate mountain terrain. You will have a much better understanding of how Himalayan expeditions can be run, and how to handle altitude in the Himalayas.

The expedition is similar to a technical mountaineering course you could undertake in New Zealand, with the additional challenges of trekking, climbing at altitude and being on expedition, plus the ascent of three major peaks and two more minor ones.

Our expeditions are well planned, well led, and well resourced with good quality food, transport, equipment, first aid and communications. We do such a good job that the vast majority of our clients are advocates for DCXP.



Is it right for me?

DCXP's Himalayan climbing course is an appropriate goal for:

- Trekkers looking for an extra challenge
- Aspiring mountaineers wanting a solid building block for further expeditions
- Aspiring 8000m peak climbers

This expedition introduces you to Himalayan climbing, and develops your skills to safely climb in the Himalayas and elsewhere. A strong spirit of adventure, a willingness to stretch your boundaries and have a go are essential requirements. Most participants would have been bush walking or trekking and overnight camping before embarking on this trip.

Many have some previous basic rock climbing experience, which provides a good base for the mountaineering skills seminars that take place throughout the expedition. Some participants may be looking for a transference of skills from rock to snow, or alpine climbing to Himalayan climbing.

Your prior experience will influence how quickly you learn, but the expedition is designed to maximise the opportunity for all participants to complete the whole itinerary, including reaching the targeted summits. Most team members will get involved in actually placing snow and rock anchors and belaying other team members – all under the supervision of an experienced guide.

You will need to be able to walk for 6-8 hours a day with a moderate daypack. The trekking days are not especially long, as your body needs time to acclimatise. You are on holiday, so there is time to stop for a long lunch and read a book or take some photographs. During the trekking phases we have porters and yaks or dzopkyo to carry our heavy camping equipment, food and climbing gear. Summit days and approach days will however require an extra special effort. For example, we will need to carry heavier packs from Lobuje Base Camp (where the yaks can get to) to Lobuje High Camp. You should be prepared to carry a 15 kg backpack.

A couple of big days of up to 10-18 hours will be needed as we set off early in the morning for the summit. On top of good preparation, your weeks of trekking should mean that you are quite strong by this stage.

What's included?

Your expedition price includes:

- All airport transfers in Nepal
- Sightseeing tour in Kathmandu
- All accommodation in Nepal
- Breakfasts in Kathmandu
- Flights between Kathmandu and Lukla
- Trekking permits, peak fees and National Park entry fees
- Guide, sherpas, cooks, porters, and or yaks, and local staff insurance
- All meals on trek and climb
- Tea house accommodation or individual tents on trek
- Shared mountain tents, sleeping mats at high camps
- Sleeping bag and down jacket rental



What's included...continued

- Group climbing gear such as ropes, snow stakes, and rock and ice protection equipment, down jacket and sleeping bag rental
- Group kitchen and dining equipment and tents
- The crew will carry a comprehensive medical kit including medical oxygen, portable altitude chamber (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 Gyanu 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, but still nutritious and of good quality.



What's not included?

Your expedition cost does not include any of the following:

- International & home country domestic airfares, & excess baggage
- Nepal visa (USD \$100, valid for 90 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) covering mountaineering
- Changes in itinerary (**including extra nights in hotels**), 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 - see equipment list

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
- DCXP 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. Amoxycillin)
 - 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)

DCXP: DCXP provides this item

R: This item is available to rent, please ask!

✓ Personal Equipment

- Large pack 45-50L
- Water containers: minimum 3L: e.g. Nalgene wide mouth bottles 2L &/or Camelbak bladder.
- DCXP Sleeping bag (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 are good *Optional
- R Double (usually plastic) mountaineering boots (e.g. Scarpa Vega, Koflach Arctis Expeditions, etc; sizes 6-12 available to rent)
- R Crampons of rapid-fix, quick-release bail type to suit your boots
- Gaiters (for snow) appropriate to your plastic & trekking boots
- Adjustable trekking pole(s) *Optional
- R Ice axe: one only, 65-75cm in length
- R Climbing helmet (light weight version would be good)
- R Climbing harness with a belay loop, adjustable leg loops
- R Belay/Abseiling gear: ATC or any belay plate, e.g. Wild Country variable controller
- R Petzl Ascender (a.k.a 'Jumar')
- R 6 Non-locking carabiners
- R 3 Locking carabiners (wide gate preferred)
- 1 Lanyard ('cow's tail') of 2 m of tubular webbing (climbing tape)
- 2 Prusiks of 6mm cord: one long, one short (about 5m in total is required)

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.

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 6,189 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.

Step 3 Once you have completed your booking form online, you will receive a trip dossier, including what to expect, training tips and so on. This will answer many remaining questions!

Bank details for direct payments **USD DOLLARS**

Via direct payment at a branch or internet transfer use:

Bank: Nepal Investment Bank Ltd
Swift Code: NIBLNPKT
Account Name: Arun Treks and Expeditions (P) Ltd
Account Number: 2431902
Branch address: Main Branch Durbar Marg, Kathmandu, Nepal



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

Company: _____

Policy Number: _____

24 HR Emergency Provider: _____

24 HR Emergency Ph: _____

Second Policy (if required)

Company: _____

Policy Number: _____

24 HR Emergency Provider: _____

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.