



33 HIMALAYAN HANGOUT

Kashmir's Safest & Trusted Adventure Provider

Disclaimer and Declaration

Name of Trek: _____ Date of Trek: _____

Name: _____

Age: _____

To be completed by participant (Part One)

33 Himalayan Hangout treks take place in some remote and less-developed regions, without means of rapid evacuation, or medical supplies and facilities. In the event of an accident, illness or injury an evacuation will be slow and uncertain as these trips take place in mountainous, high altitude, or other hazardous terrain. Common and uncommon signs and symptoms of altitude sickness should be expected. These include, but are not limited to: sleeplessness, coughing, loss of appetite, nausea, vomiting, and muscle cramps. Severe cases of altitude sickness can include pulmonary and/or cerebral oedema. In addition, exposure to microorganisms unknown to our digestive system may cause symptoms from a wide array of gastrointestinal disorders despite the best efforts to treat drinking water and prepare food properly. A poor state of health can greatly increase the dangers and risks that can be incurred on these trips. Therefore, 33 Himalayan Hangout requires that all climbers or trekkers are examined by a physician, are properly immunized for the destination(s).

Date –

Place-

Signature

To be completed by participant (Part Two)

The Trek/Expedition route in the Himalayas has its share of risks and dangers, especially in respect to the terrain, weather, high altitude and desolate nature.

Accidents on this trek can cause one to get injured, fall ill, and death too cannot be ruled out.

I hereby declare that my participation in this trek is completely voluntary, and I am fully aware of the risks involved. I will not hold 33 Himalayan Hangout wholly or partly responsible in case of any accident, illness, injury or death on the trek.

Signature and Name of the participant

Date –

Place-

Signature

Near Fourway General Store, Bagh Bandipora Tehsil, Bandipora-193502, J&K, India

Registration / Affiliation / Member



Incredible!India