



## Trip Application

Please complete this form and mail it along with your deposit to Alpenglow Expeditions, LLC

Trip Name: \_\_\_\_\_ Trip Dates: \_\_\_\_\_

### Personal Information

Name (as it appears on passport): \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ (day) \_\_\_\_\_ (evening)

Email: \_\_\_\_\_

How did you hear about Alpenglow Expeditions: \_\_\_\_\_

Sex:  Male  Female Marital Status: \_\_\_\_\_ Occupation: \_\_\_\_\_ T-shirt Size: \_\_\_\_\_

### Travel Information

(Please include a good quality copy of the first two pages of your passport)

Passport #: \_\_\_\_\_ Issue and Expiry Dates : \_\_\_\_\_ Place of Issue: \_\_\_\_\_

Citizenship: \_\_\_\_\_ Place of Birth: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

**\*\*\*Please attach copy of flight itinerary or email it to Alpenglow Expeditions\*\*\***

Do you prefer a single room at an additional cost? \_\_\_\_\_

Do you request a specific teammate as roommate? \_\_\_\_\_ If yes, who? \_\_\_\_\_

### Emergency Contact Information

Name: \_\_\_\_\_ Relation to you: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ (day) \_\_\_\_\_ (evening)

Email: \_\_\_\_\_

### Gear Requests

(Alpenglow Expeditions equipment is available at no charge on a first-come, first-serve basis)

Do you need (circle): Crampons Ice axe(s) Helmet Harness Carabiners/Prussiks

Mountaineering Boots: Y/N If yes, street shoe size or brand/size you have worn \_\_\_\_\_

### Insurance Information

(Health, Rescue and Travel Insurance are required to join an Alpenglow Expeditions, LLC. trip)

Health: Provider: \_\_\_\_\_ Group #: \_\_\_\_\_ Policy #: \_\_\_\_\_

Claim Phone #: \_\_\_\_\_ Address: \_\_\_\_\_

Rescue: Provider: \_\_\_\_\_ Policy #: \_\_\_\_\_ Date Acquired: \_\_\_\_\_

Claim Phone #: \_\_\_\_\_ Address: \_\_\_\_\_

Travel: Provider: \_\_\_\_\_ Policy #: \_\_\_\_\_ Date Acquired: \_\_\_\_\_

Claim Phone #: \_\_\_\_\_ Address: \_\_\_\_\_

**\*\*\*If traveling to Nepal, please answer the following questions\*\*\***

1. Have you ever been to Nepal? Y/N
2. What was the duration of your visit(s)? \_\_\_\_\_
3. Please give a brief synopsis of your mountaineering background: \_\_\_\_\_



Your Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Trip Name: \_\_\_\_\_ Trip Dates: \_\_\_\_\_

**Medical Information/Consent Form**

Please answer the following questions to the best of your ability. The activities you will participate in often are of a different physical nature than most participants are used to. All medical concerns need to be known. If you have questions regarding your participation, you should discuss them with your doctor.

Date of Birth \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_ M / F

**Do you have, or have you ever suffered from, any of the following? Please check:**

Allergies

Back Problems

Frostbite

Are you currently under a doctor's care?

Cerebral or Pulmonary Edema

Are you taking any medications?

Diabetes

Are you allergic to insect bites?

Asthma

Are there any limitations to your activities?

Heart Problems

High Blood Pressure

Dislocations

Dietary Restrictions

Do you have any medical condition not listed that we should be made aware of?

**If yes to any of the above, please describe**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**List your physical activities for an average week**

\_\_\_\_\_  
\_\_\_\_\_

I, \_\_\_\_\_, hereby consent to any hospital care or medical or surgical diagnosis or first aid activities with Alpenglow Expeditions, LLC and its agents, if I am not able at that time to give my written consent due to unconsciousness, disorientation or other mental incapacity. I also understand and agree that I am solely responsible for all appropriate charges for such services and that Alpenglow Expeditions, LLC and its agents are under no duty to provide any first aid or medical treatment in any event.

**Signed** \_\_\_\_\_

**Date** \_\_\_\_\_

### VISITOR ACKNOWLEDGEMENT OF RISK

In consideration of the services of Alpenglow Expeditions, LLC, their officers, agents, employees, stockholders, and all other persons or entities associated with those businesses (herein collectively referred to as "AE",) I agree as follows:

Although AE has taken reasonable steps to provide me with appropriate equipment and skilled guides so I can enjoy an activity for which I may not be skilled, AE has informed me this activity is not without risk. Certain risks are inherent in each activity and cannot be eliminated without destroying the unique character of the activity. These inherent risks are some of the same elements that contribute to the unique character of this activity and can be causes of loss of or damage to your equipment, accidental injury or illness or, in extreme cases, permanent trauma or death. AE does not want to frighten me or reduce my enthusiasm for this activity, but believes it is important for me to know in advance what to expect and to be informed of the inherent risks. The following describes some, but not all, of those risks:

The hazards of walking on uneven terrain and slips and falls; being struck by rock fall, icefall or other objects dislodged or thrown from above; the use of climbing ropes and equipment; the forces of nature, including lightning, weather changes and avalanche; the risks of falling off the rock, mountain or into a crevasse; the risks of exposure to insect bites; the risk of altitude and cold including hypothermia, frostbite, acute mountain sickness, cerebral and pulmonary edema; my own physical condition, and the physical exertion associated with this activity. Furthermore, AE employees have difficult jobs to perform. They seek safety, but are not infallible. They might be unaware of all a participant's fitness or abilities. The weather and other environmental conditions cannot always be predicted with absolute accuracy. It would be impossible for the staff to foresee and warn you of every conceivable thing that might go wrong and any equipment can malfunction. I am aware that mountaineering, rock, artificial wall and ice climbing, hiking, snowshoeing, cross country skiing, and international travel entails risks of injury or death for any participant. I understand that the description of these risks is not complete and that other unknown or unanticipated risks may result in injury or death. I agree to assume and accept full responsibility for the risks identified herein and those risks not specifically identified. My participation in this activity is purely voluntary. No one is forcing me to participate, and I elect to participate in spite of, and with the full knowledge of, the inherent risks.

**Initials** \_\_\_\_\_

I acknowledge that engaging in this activity may require a degree of skill and knowledge different than other activities and that I have responsibilities as a participant. I acknowledge that the staff of AE has been available to more fully explain to me the nature and physical demands of this activity and the inherent risks, hazards, and dangers associated with this activity.

**Initials** \_\_\_\_\_

I certify that I am fully capable of participating in this activity. Therefore, I assume and accept full responsibility for myself, including all minor children in my care, custody and control, for bodily injury, death, and loss of personal property and expenses as a result of those inherent risks and dangers identified herein and those risks and dangers not specifically identified, and as a result of my negligence in participating in this activity.

**Initials** \_\_\_\_\_

I have had sufficient opportunity to read this entire document. I have carefully read, clearly understood, and accepted the terms and conditions stated herein and acknowledge that this agreement shall be effective and binding upon myself, my heirs, assigns, personal representative, estate and for all members of my family, including minor children.

**Signature of Participant:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Print Name**



## General Trip Information

### Payment:

1. A deposit of \$1000 is required for all international treks and expeditions. Deposits are due when registering for an expedition, and can be paid by check made out to "Alpenglouw Expeditions, LLC". All payments should be mailed to Alpenglouw Expeditions at P.O. Box 3122, Olympic Valley, CA 96146 or sent via wire transfer. If wiring payment, please contact us for bank details and be certain that you are covering ALL fees!

Deposits are non-refundable and non-transferable. This is not a flexible policy. Planning our trips takes significant time and has non-refundable costs as well.

Balances are due 60 days before the expedition departs from the United States. Payment should be made as described above.

2. The cost of your trip includes your land costs (excluding in-town meals). This includes: double occupancy lodging while in town, meals on the mountain, scheduled transportation while in the countries we are visiting, group camping and climbing equipment, individual technical climbing equipment (boots, ice axes, crampons, helmets, harnesses), and guides.
3. The cost of your trip does not include: flights to/from the city where the expedition begins, airport taxes, visas, in-town meals, immunizations, tips for guides or local staff, travel, rescue, or any other type of insurance, hospitalization or evacuation costs, single supplement charges, excess baggage charges, alcohol, or other personal expenses.
4. The costs of delays or changes to itinerary that are beyond the control of Alpenglouw Expeditions or its agents are not included.

### Cancellations:

1. We reserve the right to cancel any trip at any time. Reasons for cancellation might include (but are not limited to) political instability, natural disasters, or inadequate enrollment. If we cancel a trip prior to its start for low enrollment, we fully refund your payments. If we cancel your trip prior to its start due to political instability, natural disasters, or other reasons of that nature, we will refund all but non-recoverable costs. Changes to a trip itinerary made by our guides for any reason do not constitute a cancellation, and no refunds will be made in this case.
2. If you cancel your trip more than 60 days prior to departure, Alpenglouw Expeditions will refund your payment minus the non-refundable deposit. 45-59 days prior, Alpenglouw Expeditions will refund 50% of your payment. Fewer than 45 days prior, there are no refunds or credits.
3. On a trek or expedition, our guides reserve the right to remove any person from a trip, for any reason. These reasons generally stem from a person jeopardizing the safety of themselves or another team member. This includes a person who is not physically able to climb at the level necessary for the chosen route. In all these cases, there are no refunds whatsoever, and the client will be responsible for any additional costs incurred in leaving the trip.

### Flights:

We recommend using Kayak.com as a primary source for finding low-fare airfares. If you prefer to work with a travel agent, we recommend Jane Chauvin at Penny Pitout travel: (1-800-510-1906) or [jane@pennypitouttravel.com](mailto:jane@pennypitouttravel.com). She is fast, efficient and affordable and intimately aware of the challenges of booking mountaineering trips.

**\*\*Please confirm your itinerary with Alpenglouw Expeditions before you purchase it.\*\***

### Insurance:

We require that all participants carry rescue insurance, travel insurance, and health insurance. Your policy numbers must be provided to us prior to leaving the USA. Homeowner/Renter's insurance is also recommended. **Rescue Insurance-** The American Alpine Club offers rescue insurance to its members. Go to [www.americanalpineclub.org](http://www.americanalpineclub.org). Be sure to choose the appropriate level of coverage based on the altitude of the peaks you will be climbing with us. Helicopter rescues in foreign countries, while unlikely, can cost up to \$20,000. This coverage is very important. Non-US citizens might consider TFG Global Travel Insurance: [www.globaltravelinsurance.com/ihitravel.htm](http://www.globaltravelinsurance.com/ihitravel.htm).

1. **Travel Insurance-** Coverage should include lost/damaged baggage, unexpected delays, accident/life, and trip cancellation. Trip cancellation will cover you for non-refundable air and land costs should you need to cancel your trip due to an emergency. Since our costs are often not refundable, this coverage is very important as well, and should be purchased as soon as possible after registering for an expedition. Travel insurance can be purchased through AIG on a link from our website.
2. **Health Insurance-** All members of our teams are required to have current health insurance. This insurance should cover emergency hospitalization abroad as well as domestically.
3. **Homeowner/Renter's Insurance-** While unusual, thefts can occur while overseas. We recommend a policy to cover these losses.

#### **Medical:**

All of our expeditions and treks are physically demanding. Regardless of the skill level or experience needed, it is essential that you arrive in good physical shape, and prepared to handle extreme conditions, including cold, heat, and long tiring days. Alpenglow Expeditions, LLC and its guides reserve the right to remove any member of our trips at any time if we do not believe they are ready for the rigors of the trip.

Our guides are certified in wilderness medicine, CPR, and are experienced in client care in remote high altitude locations. However, Alpenglow Expeditions, LLC is not a medical facility and Alpenglow Expeditions, LLC assumes no liability regarding medical care.

You are responsible for your own medications, inoculations, and deciding whether you are physically able to participate in an Alpenglow Expeditions trip. You should discuss your participation in this trip, and the dangers involved, with your physician.

Some of the medications you may consider carrying with you include:

1. **Diamox** (Acetazolamide) -prescription medication often used prophylactically to prevent altitude sickness. You should have a large enough supply to take 500mg/day (best taken as one time release capsule per day) for each day until you reach the high point of your trip.
2. **Cipro** (or equivalent) - antibiotic used for severe gastro-intestinal issues.
3. **Amoxicillin** (or equivalent) - antibiotic often used for respiratory ailments.
4. **Kelfex** (or equivalent) - antibiotic often used for skin infections.
5. **Dramamine** (or equivalent) - bus/plane rides to our trailheads are often very bumpy.
6. **Pepto Bismol** - for minor stomach upset, best taken in caplet form.
7. **Immodium AD** - to control diarrhea, when necessary. Again, tablets are preferred.
8. **Cough Drops** - the air at altitude is very dry, and many climbers develop hacking coughs.
9. **Ibuprofen** - mild altitude headaches, along with body aches and pains, are common.

Also be sure to discuss vaccinations with your doctor. Often a travel clinic has the most up-to-date information on which shots are necessary for the country you are visiting. Be sure to mention that most of our trips explore only the highlands and capital cities. This might mean that you need fewer immunizations, and anti-malarials are often not necessary. Determine this with your doctor, and refer to your trip itinerary for the exact locations we will be visiting. At the very least, your tetanus shot should be up-to-date and you should have protection against Hepatitis A.

**Aerobic Conditioning:** We cannot stress enough the importance of being in excellent aerobic

condition before arriving on your trip. Arriving fit will increase your safety on the trip and reduce the risk of medical issues. It will also dramatically increase your enjoyment and learning during your trek or expedition. At the minimum, we recommend an exercise regimen that includes a minimum of 3 one-hour workouts per week (biking, running, swimming) along with a few long days hiking as you get close to your departure date. Please call us if you would like to discuss a specific routine to fit your needs.

**Money:** The countries we visit can still be challenging places to use a credit card or find an ATM. While you may choose to bring these for backup, we recommend you bring enough cash and traveler's checks for your planned spending. Traveler's checks can be exchanged in most of the countries we travel to, however they often have lower rates of exchange and can be a hassle. American dollars are still the easiest way to carry money. Be sure you carry clean, new bills and have some smaller denominations. Carry your money and important documents in a hidden waist pouch under your clothes.

The amount of money you need varies by how many presents you plan on bringing back! In addition to souvenirs and gifts, plan on spending on airport departure taxes, alcohol and snacks, and tips for local staff and your guides.

**Additional Notes:**

1. Single Supplement - If you prefer a single room while we are in hotels, please let us know as soon as possible. There will be an additional cost associated for this.
2. Cameras - digital cameras are an excellent option. Be sure to bring enough batteries and memory space for your entire trip. We have found that small pocket cameras are much better than big SLR's for summit days. You need a simple light system, and the new generation of digitals take great photos. If you are a photo buff, definitely bring your big SLR or video camera as well. The treks into our mountains and hanging in basecamp are great times to fulfill your photographic aspirations!
3. Be sure to create a data sheet of all of your essential information - passport, credit card or ATM numbers, airline ticket information, visa number (if applicable), etc. This sheet should then be photocopied and scattered amongst your luggage. If any of your documents are stolen, having this information will be essential.
4. Rental Equipment - Alpenglow Expeditions offers a limited number of mountaineering boots, crampons, ice axes, helmets, harnesses, carabiners, perlon, and belay devices for use by our clients. There is no additional charge for using this equipment, but please let us know as soon as possible if you intend to use Alpenglow Expeditions' equipment. Check your expedition's equipment list to see what technical climbing equipment is necessary for your climb or trek.