



## THE MOUNTAIN VIBES

india's best trekking experience provider

### ***Self Declaration***

(To be completed by Participant)

- Adventure activities provided by The Mountain Vibes have its share of risk and dangers, especially in respect to the terrain, weather, high altitude, desolate nature. The possibility of slip and falls, getting injured, falling sick, and even death cannot be ruled out.
- Participants of this Adventure activity/trip should have good health, stamina, and should not hide or misrepresent any fact about the health as a poor state of health can greatly increase the perils that can be incurred on these Adventure activity/trip.
- To run such a colossal operation, The Mountain vibes hires Third Party professionals. The Mountain vibes will not be responsible for any harm, loss or damage to your luggage, belongings or self when carried by porters, ponies or vehicles, during the trip, your arrival and departure or stay at the hotel/guest house.
- Participants should behave in an acceptable manner conducive to group travel. The Mountain Vibes reserves the right to terminate your trip (if you are found to be causing distress/annoyance to co-travellers, damage property of any supplier, smoking or consumption of alcohol). No refund for unused services is possible in such cases.
- The rules, regulations and guidelines have been adopted for the safe enjoyment of the activity/trip. Participants must abide by the instructions given by the Trip leader/organizer, their decision will be final and will be binding with respect.
- Participant safety and enjoyment is The Mountain Vibes prime concern and we therefore carry out our responsibility honestly & sincerely to ensure that your trip is trouble-free. The Mountain Vibes reserves the right to modify activity/trip or part of the trip under circumstances, including but not limiting to, acts of God, road blockage, political unrest, sickness, accidents, events beyond The Mountain Vibes control etc. Any extra cost arising from such circumstances shall be borne by the participant on the spot.
- The Mountain Vibes is in no way responsible for any cost related to participant medical care, evacuation during or after the Adventure activity/trip.



**I hereby declare that I have read all the disclaimer terms and my participation in this Adventure activity/trip is completely voluntary, and I am fully aware of the risk involved. I will not hold The Mountain Vibes wholly or partly responsible in case of any accident, illness, injury or death on this activity/trip.**

Name of Participant \_\_\_\_\_,

Age \_\_\_\_\_

Name of activity/Trip \_\_\_\_\_,

Date of activity/Trip: \_\_\_\_\_

Date: \_\_\_\_\_

**Signature of the Participant**



## THE MOUNTAIN VIBES

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### Participant Medical Form (To be completed by physician)

Applicant Name: \_\_\_\_\_,

Date of birth: \_\_\_\_\_

Pulse rate at rest Must be in between (60 to 90 beats per minute)	
Blood Pressure Reading Must be in between (DIASTOLIC 75 – 85, SYSTOLIC 100 - 130 mm Hg)	
Respiratory rate at rest Must be in between (12 to 20 breaths per minute)	
Liver and kidney conditions	
Any drug allergies	
Is the applicant under medication of any kind? If yes please mention details	
Has the applicant suffered from any kind of altitude related illness in the past? If yes give details	
Does the applicant suffer from any chronic disease like - Diabetes Mellitus, Bronchial Asthma, Epilepsy, Heart problems etc? If yes, please mention details.	
Is pacemaker implant	
Any other observations, If yes, please mention details.	
Overall physical fitness	

If readings and reports are not under the range or normal then please contact the trek coordinator, before going for an Adventure activity/Trip.

I have medically examined the Applicant and found him/her fit to undergo an Adventure activity, Trip or Trekking expedition in high Altitude areas & in the mountains.

Name of Dr \_\_\_\_\_

Degree \_\_\_\_\_ Reg No \_\_\_\_\_

Examine date \_\_\_\_\_

Signature & Seal of Doctor