

International Service Trek Members Application

page 1 of 4: Trip Registration Form

Please read and sign the following:

I agree that all of the information contained in this TRIP REGISTRATION form is true and correct.

YOUR NAME
 NAME OF TRIP & DEPARTURE DATE
 SIGNATURE

Please print out, carefully read, and answer the following, then sign. Use a separate sheet of paper, if necessary. Mount Everest Foundation, care of Mount Everest Foundation, 30 Downfield Lodge, Downfield Road, Clifton, Bristol, BS8 2TQ, England. email: info@mounteverestfoundation.org . tel: Mobile - +44 (0) 7810 375400, Please visit our web page: www.ServiceTrek.org .

Below is a list of items you need to send us in order to become a member of the team.

A. Items to be sent at this time [please indicate whether these are included with these papers]

1. Completed 4 part application: YES / NO
2. 10% deposit YES / NO / ALREADY SENT

B. Items due **not less than 2 months prior to departure** [please indicate whether these are included with these papers]

Remainder of the trip payment	YES / NO
One passport sized photo which is a simple, very clear picture of your face, against a white background, sent as an email scan. You can take it yourself for free with your own digital camera or smart phone. Please be sure to carry a couple of passport photos in your pocket when crossing foreign borders, for visa and permit purposes.	YES / NO
Very good quality scan of passport identification pages	YES / NO
Arrival date, time, flight number and airline [Flight details supplied by your travel agent]	YES / NO
Proof of travel insurance	YES / NO
Proof of mountain rescue and repatriation insurance [additionally, Cancellation insurance is advised]	YES / NO
Hotel Accommodations (where applicable)	SINGLE ROOM / SHARING

Please fill out the application below. Please use another sheet of paper if necessary

- 1) Your surname as it appears on your passport (family, or last name):
- 2) Given names as they appear on your passport (first and middle names):
- 3) Nickname (the name you prefer to be called):
- 4) Gender (male or female):
- 5) Date and place of birth:
- 6) Nationality:
- 7) Current address (including country), e-mail address, telephone number (landline and mobile):

- 8) Permanent address, e-mail address, phone (landline and mobile), if different than current address:
- 9) Place of employment - company name, address, e-mail address, phone (landline and mobile):

- 10) Your occupation (job title):
- 11) Emergency notification name, relation, address, e-mail address, phone (landline and mobile). Must speak English and be available 24 hours a day and able to wire funds in case of emergency:

- 12) Passport information:
 - a. Passport number:
 - b. Country of issue:
 - c. Place of issue:
 - d. Expiry date:

- 13) Trekking and camping background (walking and camping experience, type of trip, locales, altitudes, seasons):

- 14) Please discuss fitness training plans and schedule, with types and amounts of exercise:

- 15) Where did you hear about our organization? If a friend referred you please mention their name and contact details, so that we may send them a thank you gift.

- 16) What is your favourite climbing, trekking, outdoor shop in your area?

- 17) After you complete this trip, what future trips might you like to plan?

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Please read carefully and sign. In consideration of the services of the Mount Everest Foundation, their agents, owners, officers, volunteers, participants, employees, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "MEF"), I hereby agree to release and forever discharge MEF on behalf of myself, my children, my parents, my spouse, my siblings, my other relatives and/or dependants, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge that the trek, tour entails known and unanticipated risks, which could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties. These inherent risks are some of the elements that contribute to the unique character of this activity. These same elements can be causes of loss of or damage to my equipment, accidental injury or illness or, in extreme cases, permanent trauma or death. MEF 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. I understand that such risks cannot be eliminated and are an inherent part of the activity.
2. The risks include, among other things: the hazards of walking on uneven terrain and slips and falls; the forces of nature, including lightning & weather changes; the risks of falling off the rock, ice & snow, as well as being hit by rock-fall or avalanches; the risks of exposure to insect bites and numerous diseases, digestive tract infections and ailments; the risk of altitude and cold including hypothermia, acute mountain sickness, cerebral and pulmonary edema; my own physical condition, and the physical exertion associated with this activity, all complicated by the potential lack of rescue, including unavailability of light aircraft and no helicopter rescue. MEF organizers, leaders, guides, and staff have difficult jobs to perform. Guides, leaders and staff may not be present at anytime. When present, they seek safety, but they are not infallible. They might be unaware of a participant's fitness, abilities, pre-existing conditions, or ill health. They might misjudge a participant's health or illness, at anytime during the trek & tour. They might misjudge the weather, the elements, or the terrain. They may become incapacitated or distracted. They may make errors of judgment, mistakes, or be negligent. They may give inadequate warnings or instructions. Equipment being used may malfunction, wear-out, break, be lost, be inadequate, and be worn-out, poorly maintained, or missing. I expressly agree and promise to accept and assume all of the risks existing in this activity. My participation in this activity is purely voluntary, I am fully aware of the risks, and I elect to participate in spite of the risks.
3. 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 MEF has been available to talk to me extensively and more fully explain to me the nature and physical, mental, and experiential demands of this activity and the inherent risks, hazards, and dangers associated with this activity.
4. I certify that I am familiar with the dangers, hazards and risks incident to trekking as above. I accept and clearly understand that these hazards and risks may result in personal injuries to myself and others and hereby expressly assume all of the above risks including; the risks of acts or omissions of MEF and do hereby expressly agree to hold MEF harmless and defend MEF against any and all liability.
5. I understand that should I become ill and/or have to leave the expedition early for any reason, I will visit a doctor/hospital immediately, before flying home, in the nearest town or city, and obtain a letter of medical advice describing my condition/symptoms and medical reason for early departure. I will furnish a copy of said letter to MEF immediately before my departure and I, myself will furnish a copy of said letter to my insurers.
6. MEF gives notice that they act only as agents for hotels, transportation companies, land operators and suppliers of travel services. MEF assume no responsibility or liability in connection with the operation or service of any aircraft, motor vehicle, other conveyance, restaurant, teahouse, inn, lodge or hotel which may be used wholly, or in part, for services to MEF, and its clients. MEF, its operators, airlines and agents will not be responsible for any act, error, omission, nor for any injury, loss accident, delay, inconvenience, irregularity or damage which may be occasioned by any cause whatsoever. This includes acts of nature, civil disturbance, crime, terrorism, government restrictions, pandemic (Including Covid-19) or failure of any means of conveyance to adhere to published schedule.
7. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless MEF from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of MEF's equipment or facilities, including any such claims which allege negligent acts or omissions of MEF
8. MEF strive to do their best to maintain proper health, hygiene, and sanitation standards, and insist their members and staff will also do so. However, SC Inc assume no liability, and are not responsible for members and/or staff catching or spreading coronavirus (Covid-19) or any disease.
9. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless MEF and any of its assigns or other delegated persons from any and all claims, demands, or causes of action, which are in any way connected with the use of my image, words, voice, video or likeness which are in any way connected with my participation in this activity, in any electronic, electromagnetic, digital, photographic, print, sound, or audio-visual format in regards to advertising, promotions, marketing, cybercasts, literature, newspaper/journal articles, television, documentary films and video, radio, recordings, websites, email, social media and/or any other use which MEF deems fit.
10. Should MEF or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
11. In consideration of the services furnished me, and to be furnished me as a member of this trekking expedition, I hereby release MEF and all the members of the trekking expedition from any and all damages, injuries, losses, or any cause of action which may result in me, my legal representatives, heirs, or others purporting to exercise statutory or other rights arising out of, or in connection with this expedition. And I hereby assume each and every damage incident to my participation, and agree to indemnify and hold harmless MEF and all members of the expedition against any sums which they, or any of them may be subject to pay in consequence of any claim or demand by or through me, or resulting from my being a member of this trek. By signing this document I acknowledge that if anyone is hurt or property is damaged or any financial or other loss occurs before, during, or after my participation in this activity, I may be found by a court of law to have waived my right to maintain a lawsuit against MEF on the basis of any claim from which I have released them herein.
12. If any portion of this agreement is unenforceable, the remaining portions shall remain in full force and effect.

I have had sufficient opportunity to read this entire document entitled PARTICIPANT AGREEMENT, RELEASE, RISK ACKNOWLEDGEMENT STATEMENT. I have read and understood it, and I agree to be bound by its terms.

I am aware that this is a release of liability, a legally binding and enforceable contract between myself and MEF

Signature of participant: _____

Print Full Name _____

Today's Date: _____.

Name, Date, and Type of Trip: _____.

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page 3 of 4: Terms and Conditions of Booking

Please Read Carefully and Sign. Thank You.

PAYMENT DETAILS (please fill in the following payment details):

Trip Name:
Total cost for trip:
Amount being submitted with this application:
How much remaining to be paid:
Date the remainder will be paid:

Please submit your payment and all completed forms now. An initial 10% deposit is required, and is refundable in accordance with the terms below. Final completion of payment is due two months prior to departure. Participants whose balances are not received by the 60-day deadline as stated above risk forfeiture of their place on the expedition. You may make your cheque payable to the Rural Assistance Nepal and post it, with the completed application materials, to:

Rural Assistance Nepal, Care of Mount Everest Foundation: 30 Downfield Lodge, Downfield Road, Clifton, Bristol, BS8 2TQ, England

Be sure to write 'Service Trek (month) (year)' on memo line of check. You will receive a tax deductible receipt for all contributions that you could use on your taxes.

We are able to accept your cheque, however please allow 3 months for our bank to clear your cheque. You will therefore be required to send us your cheque 3 months prior to departure. If you are not able to work within this time frame, please consider credit card payment or using bank-to-bank wire transfer. We can provide bank transfer details via email.

If it is desired to use credit card to pay for service trek, here is the website:

www.MountEverestFund.org .

If you use your credit card, we need a copy of your receipt to show that you have paid, the date, how much, etc.

CANCELLATION AND REFUND POLICY: In the event of cancellation of the trip prior to departure by H.E. you will receive a 100% refund. If you cancel your trip membership 60 or more days before scheduled departure, you will receive a 75% refund. Cancellation 30 to 59 days before scheduled departure will result in a 50% refund. Cancellation 14 to 29 days before scheduled departure will result in a 25% refund. There will be no refund for cancellation within 13 days prior to the trip. If you do not wish to incur cancellation penalties, it may be possible for H.E. to hold your payment for a future trip in which case you will not incur any cancellation penalty. Refunds may take up to 90 days from the trip end date to process. Due to the nature and heavy costs of government permits, and the harsh "no-refund" policies of third-world tour operators and government mountaineering offices, Himalayan Expeditions must adhere to this stringent refund policy. (H.E. reserves the right to change the price of, cancel or withdraw any expedition for any reason whatsoever prior to departure, or during the trip. After departure, H.E. reserves the right to alter or omit any part of the itinerary, to substitute hotels or leaders, to change any means of conveyance without notice and without allowance of refund, with liability for increased costs (if any) borne by the expedition members. H.E. reserves the right to accept or reject any person as an expedition member or leader at any time, for any reason whatsoever.)

ITINERARY CHANGES: H.E. reserve the right to change itinerary before or during the trip. In case of finishing early for any reason, members might return earlier, and H.E. will not pay for unused itinerary days, nor additional trip costs or accommodation).

TRAVEL AND RESCUE INSURANCE. The participant certifies that adequate insurance has been obtained to cover any injury or damage or financial or other loss participant may cause or suffer while participating in all aspects of the trekking expedition, including travel, rescue, life, health, trip interruption and cancellation. Participant further certifies that there are no medical or physical conditions which could interfere with participant's safety in this activity. Participants are strongly advised to purchase trip interruption and cancellation insurance.

PARTICIPANT RESPONSIBILITIES: Trip participants are responsible for their own well-being. This includes good health and strong physical condition. Participants joining an expedition may be required to obtain a physician's release prior to departure. All members are responsible for: having the skills and knowledge required for each trek, knowing all pre-departure information, preparing proper equipment, clothing, snack-energy food, visas, insurance, inoculations, flights, acting in a safety conscious, team-spirited, considerate manner toward all group members and with respect for each country's customs, environment, and people, and conforming to basic standards of personal and group hygiene (to minimize the risk of traveler's diseases, and pollution of the environment). Like it or not, we are guests of the governments of the nations we visit. Participants are not allowed to engage in any acts involving physical nor provocative contact, nor any political discussions nor political actions with the local, associated, nor governing populace..

AIRLINE RESPONSIBILITY: Participants are responsible for arranging their own air transportation to and from the starting location of the expedition. In the event MEF uses local air transportation during the expedition, the air carrier's responsibilities shall be defined by the laws, rules and regulations of the country in which it operates. Please be advised that generally such nations provide fewer remedies to passengers than most European and American jurisdictions provide.

If any portion of this agreement is unenforceable, the remaining portions shall remain in full force and effect.

I fully understand and do agree to all of the statements and conditions contained in the TERMS AND CONDITIONS OF BOOKING as detailed in this document.

Signature of participant:_____

Print full name_____.

Today's date:_____.

Name of trip and departure date of trip:_____.

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page 4 of 4: Medical Information

Read, Complete and Sign. Use a separate sheet of paper, if necessary.

It is important that you FULLY DISCLOSE any medical conditions, disabilities, prior accidents/conditions, medications (attach a separate sheet if necessary).

1. Have you ever experienced any form of altitude illness? No Yes. If so, please describe symptoms, rate-of-ascent, altitude, medication and recovery procedures:
2. Please list any/all limitations or medical conditions and health concerns that may restrict your ability to trek on this trip? (i.e.: "**Previous Injury**", "**Prior Surgery**", "**Asthma**", "**Pregnancy**", "**Diabetes**", "**Heart Condition**", "**Epilepsy**", "**High Blood Pressure**", "**Depression**", "**Anxiety**".) Note to those persons with health concerns: We do not discriminate based on medical conditions, disabilities, nor upon health issues.

Do you have any such conditions? No Yes. Please describe:

3. Do you have arm, shoulder, back, neck, hip, knee, or ankle problems? No Yes. Please describe:
4. List completely any/all medications you will be taking on this trip and the medical conditions requiring them:
5. List any/all allergies to food and/or medication:
6. Dietary restrictions (specify): None Vegetarian Other:
7. Height:_____ Weight:_____
8. Smoker. Nonsmoker
9. Do you wear corrective lenses (contact lens wearers must bring prescription glasses in case of emergency)? No Yes
10. Are you familiar with standard first-aid and current Cardio-Pulmonary Resuscitation (CPR) techniques? No Yes, Please describe training/source of knowledge:
11. Are you familiar with altitude sickness, high altitude pulmonary edema, high altitude cerebral edema, and recognition of their symptoms, prevention, and treatment? No Yes, Please describe training/source of knowledge:

Signature of participant:_____

Print full name_____.

Today's date:_____.

Name of trip and departure date of trip:_____.

Rural Assistance Nepal
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