

Island Peak Climb

28th March – 13th April 2012



JCG Expeditions

JCG Expeditions – Island Peak 2012

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The trekking

The trek to Island Peak Base Camp follows the same path as those going to Everest and is without doubt one of the most famous in the world. It takes you into the heart of the Nepalese Himalaya, with awe-inspiring views of many of the world's highest and most beautiful mountains. JCG Expeditions offer the direct route into Island Peak which also includes additional acclimatisation in Dingboche Village and a trek up the slopes of Nangkar Tshang. From here you head on to the actual Island Peak Base Camp, below the tumbling faces of Baruntse and Ama Dablam. The itinerary is carefully designed to ensure you have adequate time to acclimatize comfortably, thereby enjoying the experience to the full.

Kathmandu

The first stop on any expedition to Island Peak is the bustling capital of Nepal, Kathmandu. You will have time to wander the narrow streets and discover the temples and stupas that provide much intrigue in this fascinating city. After exploring Kathmandu you fly to Lukla from where your trekking commences. The Island Peak trek in follows the course of the Dudh Kosi, the 'River of Milk', gradually climbing through forests of rhododendron and magnolia. There are half days at Namche Bazaar (the delightful Sherpa capital) and at Dingboche village (set below the spectacular peak of Ama Dablam) to help adjust to the altitude. All the while, as you are trekking towards Island Peak, the peaks of the Himalaya will loom above you, providing outstanding views as you walk.

Island Peak climb

The dramatic landscape around you changes as you continue to climb higher and higher. By the time you reach Chukhung, the temperatures have dropped and you'll be walking among frozen rivers in an icy landscape. From here the highlight is Chukhun Ri (5550m), with stunning views of 8000m Lhotse, Island Peak and Ama Dablam and the surround 4 glaciers cascading below. The next day you make the trek to Island Peak Base Camp itself in its dramatic location at the foot of the mountain. From here you start your ascent to the summit, pushing yourself to your limits and all the while with stunning views and fantastic scenery around you!

Island Peak - Climb Info

Dates: March 28th – April 13th, 2012

Cost: £1695 (excluding flights)



JCG Expeditions' aim is to include as much as possible into the price so that there are no 'surprises' 😊

Price Includes:

- An experienced and qualified British Leader (With experience on Island Peak)
- First aider and all necessary safety equipment, and doctor on call
- Porters (one between two members)
- All in-country transfers
- Two nights accommodation at Hotel Tibet 3* in Kathmandu
- All accommodation on twin sharing bed basis in tea houses during trekking
- Hot daily freshly cooked meals three times a day on trek (Breakfast, Lunch & Dinner)
- All drinking water
- Everest National Park permit
- Island Peak climbing permit
- Return flights to Lukla
- Good pay, insurance & equipments for guides & porters
- 24/7 contact and communications with JCG Expeditions
- FREE fitness consultation with BJ Griffiths personal training

Price Excludes:

- International flights*
- All drinks - Hot/cold/alcoholic
- Personal expenses and snacks
- Showers on trek
- Excess luggage costs (eg, Lukla flight, 15kg max)
- Travel insurance
- Nepal Visa Fee
- Meals in Kathmandu
- Tips
- Additional nights accommodation in Kathmandu

Flight costs can vary depending on when you book (the sooner the better) from £500-£700. You are free to book different flights if you wish but need to ensure that you are in Kathmandu no later than midday on Thursday 29th April 2012.

Please see page 7 for recommended flight.

Itinerary

NB: This itinerary is subject to change due to weather, in-country flights availability and other in-country reasons.

Wed 28th March	Depart UK – If on recommend flight (page 7)
Thur 29th March	Arrival in Nepal 07:40 & transfer to hotel 09:00 Our hotel is positioned well away from the noise and bustle of the city centre, it has a sunny terrace area, internet, and an atmosphere of quiet, restful charm. Team members will be accommodated on a twin share basis in en-suite rooms. The afternoon will be spent preparing for the climb.
Fri 30th March	Fly from Kathmandu to Lukla (2805m) and Trek to Monjo (2815m) – 4-5 hrs. We will make an early morning start for the Twin Otter flight to Lukla (2,840m/9,317ft), the gateway to the Khumbu. This is an exciting flight, which should give a glimpse of Everest in the distance. In Lukla, we will meet our porters and set off straightaway for our first night's stop at Monjo.
Sat 31st March	Trek Monjo to Namche Bazar (3440m) – 3-4 hrs. On the outskirts of Monjo we will enter the Khumbu National Park. We then cross the confluence of the Dudh Kosi and the Bhote Kosi on a high suspension bridge and climb steeply for about two hours up 'Namche Hill' to reach Namche Bazaar (3,400m/11,155ft). This is a prosperous trading town and the capital of the Khumbu Region. Many Tibetans cross the nearby border to trade their wares and the local market is a fascinating spectacle. This is a good place to buy genuine Tibetan artifacts. Just across the valley to the east stand the peaks of Thamserku and Kangtega, both very impressive mountains. Afternoon free to explore Namche Bazaar.
Sun 1st April	Namche Bazar to Kumjuma (Tashi's) - 2 hrs From Namche, the well-worn Everest trail contours around the side of the valley high above the Dudh Kosi. As we follow the path, we will get our first really good views of the great peaks of the Khumbu: Everest, Lhotse, Nuptse and Ama Dablam. Passing by several villages and numerous tea shops, we will spend the night at Kumjuma – this is a short day with an afternoon walk to the Everest view hotel for acclimatisation.
Mon 2nd April	Trek Kanjuma to Pangboche (3867m) - 5 hrs The morning trek sees us drop altitude to cross the Dudh Kosi before a steep climb out and up to the beautiful mountain village of Thyangboche. We have plenty of time to look around Thyangboche (and have a cake at the bakery!) The Tangboche Monastery is famous for blessing Everest expeditions, including the 1953 Hillary/Tenzing expedition. After lunch we continue on for a further hour and half to Pangboche village.
Tue 3rd April	Trek Pangboche to Dingboche (4413m) - 3 hrs Pangboche is an excellent viewpoint for Ama Dablam ('Mother's Charm Box') and home for the Sherpas who work on this imposing mountain each post-monsoon season. Contouring up the valley side, we will re-cross the river and

	turn up the Imja Valley to reach the picturesque farming village of Dingboche(4,413m/14,465ft).
Wed 4th April	Dingboche (rest day) Dingboche is a good location for acclimatization, prior to our ascent up the upper section of the Khumbu Valley. We will have a lazy morning, there is internet and a bakery in the village! In the afternoon we will take an acclimatisation hike up Nangkar Tshang to around 5000m – where the views really open up and down the valley.
Thur 5th April	Trek Dingboche to Chukkung (4930m) - 3 hrs Today we will continue further up the Imja Valley to Chukhung Village. This pleasant walk follows the river west deeper into the valley all the while Island Peak sits at the head of the Valley.
Fri 6th April	Trek Chukkung Ri – rest day Today we will make an ascent of Chukhung Ri (5,550m/18,191ft) and organize ourselves for the trip to Base Camp the following day. The climb takes between 2 and 3 hours to the top and at 5550m will be hard work, but the effort is rewarded by the incredible view of Island Peak and the icefalls below, as well as the mighty south face of Lhotse, Nuptse, as well as views of Pumori, Cholatse and Ama Dablam!
Sat 7th April	Trek to Island Peak Base Camp Contouring along the valley side, the trail leads on to the moraine of the Ama glacier and becomes quite vague, weaving between mounds of rubble. After about 3 hours we will eventually reach base camp near the foot of the Island Peak itself. After lunch we practice climbing techniques for the fixed lines and sort our kit for an early start! We are in tents for the evening and early to bed!
Sun 8th April	Trek Ascent of Island Peak – Sleep Chukkung We rise at midnight and prepare ourselves. Meeting in the cook tent for breakfast and hot drinks we keep warm until our departure at around 01:00. We begin our ascent steadily gaining altitude until finally we reach ‘crampon point’ just before sunrise. Here we change gear and step on the to glacier. In small rope teams we make our way to the fix lines and ascend them to the summit. The 360 view from the summit is one of the best in the world – make sure you have a camera! Once we have descended safely we rest a while and then descend back to Chukhung Village for the night.
Mon 9th April	Trek Chukkung to Namche Retracing our steps, we cross various suspension bridges on our descent, we climb up the opposite side of the valley to reach the contouring path leading back to Namche Bazaar. On our route we will pass Dingbouché, Pangbouch, Thyangboche and Kumjung – it will be a long day!
Tue 10th April	Trek Namche to Lukla A steep descent for 600m/2,000ft down Namche Hill leads to the suspension bridge crossing the Dudh Kosi river and the small village of Monjo (2,835m/9,300ft). The trail now flattens out and we cross the river twice more before a rising traverse up the hill-side, past numerous tea-houses to Lukla. Our last day of steady trekking will be a real joy as at lower altitudes, with two weeks behind us, and nothing left to prove, we can soak up the atmosphere in

	each of the villages we amble through. Maybe a beer to celebrate? This is another long day but worth ever step! ☺
Wed 11th April	Spare day / bad weather day / addition acclimatisation day
Thur 12th April	Lukla - Kathmandu. Free afternoon. After an early morning flight, we will be met at the airport in Kathmandu and taken to our Hotel. The rest of the day can be spent at leisure exploring the city visiting some of the temples or simply browsing bookshops and shopping in the Thamel area. The team may choose to eat at the Hotel tonight or in town at one of the many excellent restaurants.
Fri 13th April	Leisure day & depart for UK For those eager to see as much of Kathmandu as possible, an early start is worthwhile to visit the temples of Pashupatinath and Swayambhunath and districts of Bhaktapur and Patan. Durbar Square is also on the essential list, as is the shopping area of Thamel. For those returning directly to the UK we take an evening flight from Kathmandu – heading for home.
Sat 14th April	Arrive UK -

Flight details

Flight costs can vary depending on when you book (the sooner the better) from £500-£700. You are free to book different flights if you wish but need to ensure that you are in Kathmandu no later than midday on Thursday 29th April 2012.



If you wish to make your own travel arrangements or wish to meet us in Kathmandu that is fine. You must be at the hotel in Kathmandu to meet the team on Thursday 29th March by midday.

This is the suggested UK flight:

FLIGHT DATE	DEP	ARR	CLASS
GF002 WED 28 MAR LONDON HEATHROW to BAHRAIN	1000	1845	ECONOMY
GF262 THU 29 MAR BAHRAIN to KATHMANDU	0035	0740	ECONOMY
GF265 FRI 13 APR KATHMANDU to BAHRAIN	2040	2350	ECONOMY
GF007 SAT 14 APR BAHRAIN to LONDON (HEATHROW)	0105	0625	ECONOMY

What to expect on the trek

- Whilst on the trek, during the day you will only be expected to carry just the essentials (Water, snacks, warm clothes, camera)
- The porters will be carrying the rest. JCG Expeditions will provide these bags in-country.
- All other kit/gear (eg, your bags/suitcase, travel clothes etc) will be left safely at the hotel for our return.
- You will be walking anything from 7km – 19km in one day. This could include ascending up to 1000m. It will be tough!
- Lower down on the trails it will be hot! However, as we gain altitude the temperature will drop dramatically and, in high villages, the night time will be very cold, well below freezing!
- Everyone will suffer from some form of altitude sickness and you should expect to feel some degree of occasional discomfort during the trek. But hopefully if we take all the precautionary measures possible, these will be at an absolute minimum.
- The daily pace will be relaxed and leisurely. When trekking at altitude this is the norm.

Kit list

The kit list has been put together especially for JCG Expeditions Island Peak Climb to provide the exact equipment necessary. Therefore everything on the list is on there for a reason and is needed! If you need an example please ask!



Clothing

Hiking Boots: These should be comfortable, worn-in and waterproof, and offer good ankle support.

Lightweight walking trainers / Sandals: Lightweight shoes / or outdoor sandals. (e.g. Teva.) for use at tea houses. You can also trek the first few days in these.

Socks: Bring a few pairs, Trekking for 14 days! It will be very warm for most of the days so thin trekking socks. However it will be very cold during evenings and high tea houses so thick socks!

Underwear: Enough pairs to for 12 days trekking.

Long Underwear Bottoms and Tops (Thermals): You are likely to sleep in these, and you will wear them when we make our summit attempt, under your trousers for extra warmth.

Base Layers: T-shirts & lightweight long sleeve shirt. You may want to bring a couple as you wear these everyday. Light colours are better and cooler.

2nd Layer (Top): Lightweight fleece

3rd Layer (Top): Heavier weight fleece/Soft shell jackets (eg, 200 or 300 weight)

Walking trousers: Comfy/light weight/quick drying

Walking Shorts: Comfy/light weight/quick drying

Down Jacket: Down or synthetic. **Essential**. It can get very cold in the evenings, especially at altitude.

Waterproof Jacket: Good quality, lightweight, waterproof, breathable

Waterproof trousers: lightweight, waterproof, breathable

Sun Hat: **Essential** to keep sun of head!

Buff: **Essential** against the dust and the sun on your neck

Warm Hat: Make sure it covers the ears

Gloves: A good set of warm gloves for high villages and climbing Kalapatthar

Trekking Equipment

Day Pack: 30-35L To hold water proofs, snacks, water, camera, etc.

Duffel/Large pack: To put everything else in

Waterproof liners/travel bags (Essential) For day pack and large pack. Everything goes inside = kit is always dry.

Trekking Poles: Even if you don't normally use trekking poles, these aid your balance and legs tremendously when trekking.

Sun Glasses: Cat 3 or 4, 100% UVA/UVB

Water Bottles: 2 x 1L Nalgene - A Camelback/platypus hydration pack is useful (1.5/2L)

Climbing Equipment (nb: see note on hire kit at bottom of page 9)

Harness: Climbing harness

Helmet: Climbing helmet, make sure you can fit a hat underneath

Ice axe: Straight shaft, mountaineering/walking axe

Crampons: C2 walking crampons eg, grivel G12s

Double boots: 6000m boots, double plastics

Hardware: 4 screw gates karabiners , 1 Jumar, 4 meters of 9mm dynamic cord

Sleeping

Sleeping bag: A good warm sleeping bag 4 season

Sleeping bag Liner: Adds warmth and comfort

Headtorch: + Spare batteries

Miscellaneous

Passport and other documents & copies: Photocopy all you're important documents (passport, visa, credit cards, and airline tickets) We will keep these in the safe at Hotel in Kathmandu.

Wet Wipes: Very refreshing after a day of hiking in the sun (Showers not always available)

Sunscreen: Essential. High factor SPF30+. SPF50 is best for on the snow and ice.

Lip Protection: With a SPF25+.

Personal Toiletries: Alcohol-based hand sanitizer (essential), toothbrush and toothpaste, personal flat pack toilet paper (often not provided at tea houses but can be easily purchased locally), anti bacterial Foot Powder

Wash kit: A small towel and shampoo. Most lodges have solar showers or warm water available.*

Personal Entertainment: Music, books, cards, diary, etc.

Oral rehydration: Sachets x 6, replace salts and minerals lost due to sweating and diet.

Notebook and pen: useful

Repairs: A bit off Gaffer tape /zip ties / para-cord / spare boot laces are all good for little repairs

Snacks: Bring some of your favourite snacks for the trek, the more energy the better. High energy bars are great for the longer trekking days and summit day

First Aid Kit: Small blister kit. You should carry your own mini 'blister kits'. These should include: compeed, plasters, pain killers, zinc oxide tape. JCG Expeditions will bring a full comprehensive group first aid kit. Please also bring cough sweets – the Kumbu is famous for giving people coughs!

Water Purification: Please bring water purification tablets

*There is a small additional cost which you will be expected to cover should you wish to have a shower – between \$2-\$4

Hire kit

JCG Expeditions has set up a deal with Shona's of Kathmandu. For just £50 you can hire the following 6 items for the duration of the expedition. 1.Boots 2.Crampons 3.Ice Axe 4.Jumar 5.Sleeping bag 6.Down Jacket. Helmets and harnesses will also be available for hire you do not have your own.

Other important information

Passports and visas & trekking/climbing permits

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. British nationals require a visa for Nepal, which must be obtained in advance. The current visa cost is £20 for a 15- day visa and £35 for a 30 day visa for UK passport holders. All other nationalities should check with their nearest embassy. **You will also need to bring 2 passport photos for your trekking permit.** All the information required, can be found here: www.nepembassy.org.uk/visa.php

Travel health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad. There are no mandatory vaccination requirements for this trip. Recommended vaccinations for this trip are: Polio, Tetanus, Typhoid, Hepatitis A. Dengue fever is a known risk in parts of this country. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available for Dengue, and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites. The above information can change at short notice. As we are not qualified to answer all your questions about travel health we strongly recommend you contact your GP or a Travel Health Clinic at least 8 weeks prior to departure for up-to-date information. (Many GPs will provide a travel service and some vaccinations free of charge) Nomad Travel Clinics are experts in preparing people for travel, providing expert advice on vaccinations, anti-malarial and staying healthy whilst overseas. www.nomadtravel.co.uk. For additional information please visit: www.fitfortravel.scot.nhs.uk.

Altitude

This expedition goes to high altitudes where there is a risk of being affected by Acute Mountain Sickness (AMS). Our itinerary is designed to enable everyone to acclimatise to these altitudes, but you should be aware that it is still possible for you to be affected. Although rare, a number of medical conditions can also reduce your body's ability to acclimatise, and thus will affect your performance at altitude and make you more susceptible to AMS. If you are worried about any pre-existing condition (e.g. heart problems), or unsure of your physical ability, we recommend that you seek medical advice prior to booking (Tell your GP that you will be climbing to 6189m). JCG Expeditions' advice to altitude sickness is to drink plenty of non-alcoholic fluid (around 4 litres per day) and rest for the first few hours when you reach altitude. When hiking, do not hurry - take your time, enjoy the scenery and give your body a chance to catch up. If you are breathing hard, you are probably ascending too quickly!

A First Aid kit is carried with the group and Jon is both First Aid trained and has extensive experience at high altitude including climbing Island Peak.

Insurance

Please ensure that your policy covers you up to the maximum altitude on this trip ‘ climbing to 6189m’, and includes helicopter evacuation. I will need to see proof of prior to the trip. Failure to comply with this may mean you not being able to join the climb.

It is a condition of joining any JCG Expeditions trip that you must be insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). Please make sure your policy covers you for any activities that are part of this trip or optional activities that you intend to take part in. Both Snowcard and BMC can normally provide compliant insurance.

Local Info

Local Time GMT + 5 hrs 45 mins.

Electricity Voltage: 230V Frequency (Hz): 50Hz. Some of the lodges now have electricity and charging facilities for batteries. The cost is approx £2 per hour to charge. There is also wifi and/or internet café in many villages at around 15p/minute!

Group, staff and support

The group will most likely be between 6 < 12 (max) people . All JCG expeditions trips are lead by Jon, who will be supported on the climb by a sherpa climbing guides, porters and assistant guides.

JCG Expeditions has close links with our in country provider and we have a representative in Kathmandu who will look after our transfers to and from the airport, advise on shopping, eating out and equipment, etc; and who will be on hand to answer any other questions you may have about your climb. The minimum age for clients on this trip is 18 years.

Currency information

The national currency of Nepal is the Nepalese Rupee (NPR), with an exchange rate of aprox 120 to the UK£ and 75 to the US\$. It is illegal to import or export rupees, but foreign currency is not limited, provided it is declared on arrival. Take your personal spending money in cash (dollars, sterling or euros can all be changed easily) or travellers cheques if you prefer. Please note \$20 travellers cheques, £50 notes or any Scottish or Irish Currency cannot be changed in Nepal. Travellers cheques and cash can be changed easily at the airport on arrival in Kathmandu or at hotels in Kathmandu. JCG Expeditions will advise you about how much money to take with you on the trek. As ever abroad US\$ is best in low denominations.

ATM availability/Credit Card Acceptance

There are basic ATM machines in Kathmandu and in Namche Bazar. Money can also be exchanged in Namche Bazaar. Credit cards are accepted in many of the larger shops and restaurants in Kathmandu.

Extra expenses and spending money

You will be staying at local lodges/teahouses along the entire trekking route where it is possible to buy things such as beer, cold drinks and chocolate. If you buy these you should expect to spend a few dollars extra each day.

Our local staff are paid well and fairly for their work with JCG Expeditions. Tipping is normal after an expedition in Nepal and you should allow around \$50 for the whole trip.

Reading List:

Everest: A Mountaineering History, Walt Unsworth

Trekking in the Everest Region (Trailblazer Guidebook) by Jamie McGuinness

Into Thin Air: A Personal Account of the Mount Everest Disaster, Jon Krakauer

The Climb: Anatoli Boukreev, G. Weston Dewalt

Facing Up by Bear Grylls

Touching My Father's Soul: In the Footsteps of Tenzing Norgay by Jamling Tenzing Norgay

The Boys of Everest by Clint Willis

Left for Dead: My Journey Home from Everest, Beck Weathers and Stephen P. Michaud

Fitness and training

Although you don't have to be Olympic athletes to trek to climb Island Peak, fitness is essential. Fitness won't guarantee you a pass when it comes to altitude sickness either but it certainly helps. The fitter you are the more you will enjoy the climb, the less tired you will be at the end of every day, and the faster your body can recover.

The best training possible is getting into the mountains! But climbing up stairs (and long runs!) are good! JCG Expeditions has teamed up with BJ Griffiths PT and are offering an email consultation for free to members of JCG Expeditions trips. They can advise on training and make training programs specific to you.

Top Tips

Feet - Looking after your feet is a must, making sure they are clean and dry each night. Sandals are great to let feet dry out. Wet-wipes and Anti Bacterial foot powder is perfect to prevent infections/athletes foot! Bring compeed for blisters.

Alcohol hand wash – Hygiene is absolutely paramount, and alcohol hand wash is brilliant and easy.

Application form / Terms and conditions / Medical Information form

Please complete, sign and return the enclosed *Application form, Medical questionnaire, Terms and conditions* and *Disclaimer* to JCG Expeditions to secure your place on this challenge. We need to know if you have any conditions that may affect your participation in the event. Please tell us if you have any serious allergies or heart conditions; if you suffer from epilepsy or diabetes; if you have had any recent operations; and please let us know of any particular known weaknesses (knees/ ankles/back etc)

Payment details

Event – JCG Expedition Island Peak Climb

Dates – 28th March – 13th April 2011

Cost - £1695

Deposit - £295 (non-refundable)

Balance - £1400 – due 1st March 2012

Cheques payable to Mr Jonathan C Gupta

Online = JCG Expeditions

Account number: 23305968

Sort code: 30-84-20

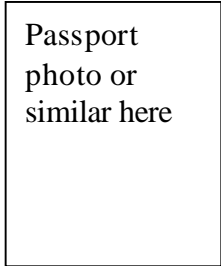
Addresss

JCG Expeditions
35 Church Road
Thornbury
Bristol
BS35 1HL

JCG Expeditions – Island Peak Climb 2012 Application Form

Date: 28th March – 13th April 2012

Please complete clearly in BLOCK CAPITALS for each applicant



Personal details

Surname:
First Name:.....
What do you like to be called (if different):
Address:.....
.....
.....
Postcode
Mobile Home number:
Work number:
Email:
Date of birth:
Age at time of challenge:
Occupation:

JCG Expeditions will only use this information for the purpose that it is intended for, that is to contact you regarding matters relating to the expedition. From time to time we may also wish to contact you about future events.

Please tick box if you do NOT wish to be added to the JCG Expeditions mailing list.

Next of kin (Must be a friend or relative who is not on the trip with you. Please advise us immediately if this information changes, as it is essential that we have up to date information prior to your departure.)

Relationship to you:
Name:
Address:
.....
.....
Postcode:
Daytime number Evening number:

Photographs

Please attach one passport size photograph.

Medical Questionnaire – JCG Expeditions Island Peak Climb – April 2012

Please complete this questionnaire and return it to JCG Expeditions. It is for your own safety that we find out as much as possible about your medical history. This will ensure that you can cope with the challenge well. All your answers will be treated with confidence. Should any of your medical details change after you have completed this form then please inform JCG Expeditions prior to the event

1. Personal details

Name:.....
Event name:JCG Expedition Island Peak Climb – April 2012.....
Date of birth:
Age:
Daytime phone number:
Evening phone number.....
Name of your GP:
Your GP's phone number:
Emergency Contact Phone number:

2. Do you suffer or have you ever suffered from:

Vertigo	YES/NO
Heart trouble and/or blood pressure problems	YES/NO
Asthma, bronchitis and/or shortness of breath	YES/NO
Diabetes	YES/NO
Epilepsy and/or fainting attacks	YES/NO
Migraine	YES/NO
Severe head injury	YES/NO
Back problems	YES/NO
Allergies	YES/NO
Fractures, tendon, ligament/cartilage damage	YES/NO
Physical or other disability	YES/NO
Psychiatric or mental illness	YES/NO
Sickle cell anaemia / sickle cell trait or another inherited blood disease (Please discuss with your doctor if you think you may come from a country / family where sickle cell is prevalent but are unaware of your sickle cell status)	YES/NO

3. Have you / do you / are you:

Attended hospital for any investigations/treatment in the last two years	YES/NO
Have any forthcoming medical appointments (other than routine check-ups)	YES/NO
Suffering from or a carrier of any infectious diseases	YES/NO
Smoke	YES/NO
A history of any medical problems in your family	YES/NO
Suffer from any other conditions that are not stated above	YES/NO
Suffer from any food allergies	YES/NO
Currently use any form of medication regularly	YES/NO

4. If you have answered yes to any of the above questions, please give further details below (use a separate sheet if required) including details of any medication taken, past history etc

5. Doctor's Signature

If you have a pre-existing medical condition or you have received hospital treatment within 12 months of the challenge, you must ask your doctor to sign below confirming that you are fit to undertake the Island Peak Climb.

I confirm that I have read the itinerary my patient is planning to undertake and declare that they are medically fit and able to take part.

Doctor's name:.....

GB Practice Stamp/name.....

Doctor's signature:.....

Date:.....

Declaration

I participate at my own risk. JGE Expeditions shall not be under any liability for accident or loss to any participant, nor their property. In the event of an accident of illness while on the expedition, I hereby give permission for JGE Expeditions to initiate medical treatment and to inform my next of kin in case of hospitalisation.

To the best of my knowledge this is a true and accurate description of my medical history and current condition. I understand that I am also responsible for informing JCG Expeditions of any change in my medical condition which may arise between now and the date of departure.

Signature

Date

Please return the completed forms to the address below:

JCG Expedition

35 Church Road

Thornbury

Bristol

BS35 1HL

If you have any questions about Island Peak Climb or any other JCG Expeditions challenges please do not hesitate to contact Jon on **07834 150 940** or **jon@jcgexpeditions.co.uk**

Terms and conditions - JCG Expeditions Island Peak Climb - April 2012

1 Definitions

- 1.1 JCG Expeditions means Jonathan Gupta c/o 35, Church Road, Thornbury, Bristol, BS35 1HL; jon@jcgexpeditions.co.uk; 07834 150940.
- 1.2 Customer means the person for whom JCG Expeditions has agreed to provide the Expedition.
- 1.3 Expedition means the trip to be provided by JCG Expeditions as described and detailed in the appropriate expedition information document and including any UK based training.

2 Liability

- 2.1 JCG Expeditions will provide the Expedition using reasonable skill and care.
- 2.2 Where any part of the Expedition is provided by any third party, JCG Expeditions will use reasonable skill and care in selecting such other third party but shall not be liable to the Customer for the performance of the third party and/or for any loss or damage, whether of a personal nature or to the Customer's possessions, caused by the third party.
- 2.3 The Expedition by its very nature has inherent risks of personal injury and damage to health which the Customer recognises and accepts in joining the Expedition.
- 2.4 The Customer travels and takes part in the Expedition entirely at his own risk and JCG Expeditions shall not be liable to the Customer be reason of any representation or implied warranty, condition or other term, or any duty, in contract or common law, for any loss of profit or any consequential loss of any kind howsoever caused and whether caused by JCG Expeditions or any other party engaged by JCG Expedition to assist in the Expedition.
- 2.5 The liability of JCG Expeditions to the Customer is limited to the amount paid by the Customer to JCG Expeditions for the Expedition.
- 2.6 JCG Expeditions shall not be liable for any delay to or cancellation of the Expedition due to any reasons beyond its control.

3 Insurance

- 3.1 The Customer agrees to take out adequate insurance at his own expense to cover all risks associated with the Expedition including to cover the needs of air rescue from any location connected with the Expedition and will provide evidence to JCG Expeditions that such insurance has been taken out for the Expedition if requested.
- 3.2 The Customer shall be fully responsible for ensuring that the insurance taken out by him covers all the risks which the Customer, at his sole discretion, considers are necessary to be covered in respect of the Expedition inclusive of all training and travelling associated with the Expedition.

4 Payments

- 4.1 The cost to the Customer of the Expedition will be the amount stated in the appropriate expedition information document.
 - 4.2 The cost includes elements that are payable by JCG Expeditions in currencies other than sterling. These elements are priced using an exchange rate of £1 to \$1.50. If this exchange rate changes by more than $\pm 5\%$, then JCG Expeditions reserves the right to amend the cost accordingly, either upwards or downwards as required.
 - 4.3 Any deposit paid to JCG Expeditions is non refundable.
 - 4.4 Payment of the full cost of the Expedition is due in full a minimum of four weeks prior to the commencement date of the Expedition. Any refund of monies paid after this date is at the sole discretion of JCG Expeditions.
 - 4.5 All monies paid in advance of the Expedition will be held by JCG Expeditions in an separate account.
- 5 JCG Expeditions reserves the right to make minor changes to the itinerary of the Expedition if this becomes necessary for any reason.
 - 6 These terms and conditions and the signed disclaimer together represent the entire agreement between the parties and together supersede any other offers, representations, agreements or the like whether written or oral and may not be varied except in writing between the parties.
 - 7 Should any part of these terms and conditions and the disclaimer be held unenforceable in law then that part may be omitted and the rest of the terms and conditions and the disclaimer shall still apply.
 - 8 The law of these terms and conditions and the disclaimer is English Law and the English Courts shall have exclusive jurisdiction with regard to all matters arising from them.

Disclaimer – JCG Expeditions Island Peak Climb - April 2012

- 1 I (the Customer) confirm that I am over the age of 18.
- 2 I confirm that I have read and understood the terms and conditions of JCG Expeditions as provided which, together with the provisions of this disclaimer, comprise the entire agreement between myself and JCG Expeditions in respect of the Expedition.
- 3 I agree to be bound by and obey all rules, regulations, terms and conditions specified by JCG Expeditions during all aspects of my participation or involvement with the Expedition including, without limitation, everything contained within this disclaimer, the terms and conditions of JCG Expeditions and any other applicable safety rules as may be specified from time to time.
- 4 I acknowledge that I owe a duty to myself and others whilst engaging in the Expedition to ensure that I do not take any action or step or do or fail to do anything so as to endanger my safety and/or the safety of others.
- 5 I confirm that I will not attempt to repair, modify or tamper with any equipment provided to me for any purpose whilst engaging in the Expedition. I further confirm that I will comply with all instructions and any directions issued by JCG Expeditions or any other authorised leader in relation to the safe and proper use of such equipment.
- 6 I acknowledge that engaging in the Expedition can be physically and mentally demanding and may place me at risk of physical and/or mental harm. I confirm that I am in good health and know of no reason, physical or mental, why I should be unable to participate in the Expedition and engage in the activities comprised therein or would otherwise be advised by a competent medical professional not to engage in the Expedition.
- 7 I acknowledge that engaging in the Expedition may be dangerous and may place me and my fellow team members at risk of physical and/or mental harm. I therefore recognise that my participation in the Expedition is entirely at my own risk and that I will assume all risks of loss, damage, injury or death which may arise and/or be sustained.
- 8 I confirm that JCG Expeditions are entitled at any time for any reasonable reason to refuse to allow me to continue participating in the Expedition.
- 9 I acknowledge and agree that I will not hold JCG Expeditions or any other company which JCG Expeditions has engaged to assist in the Expedition (“the Parties”) liable for any illness, loss, injury or death sustained before, during or after my participation in the Expedition and that I irrevocably indemnify and hold the Parties harmless from and against all costs and expenses (including legal costs), actions, proceedings, claims, demands and damage arising from a breach by myself of the undertakings contained herein or arising from any act or omission of myself.
- 10 Without prejudice to paragraph 9 above, I further acknowledge and agree that under no circumstances will any of the Parties be liable for any actual or alleged indirect loss or consequential loss howsoever arising suffered by myself or any other third party including, but not limited to, loss of earnings, profits, business or opportunity or any other sort of economic loss.

- 11 I confirm that I understand the necessity to take out adequate insurance at my own expense in order to participate in the Expedition, especially to cover the needs of air rescue from any location connected with the Expedition, and that I will be solely responsible for obtaining and maintaining such insurance to cover all relevant risks of my participation in the Expedition.
- 12 I confirm that I understand that all and any monies paid to JCG Expeditions are non refundable (except at the sole discretion of JCG Expeditions) should I be unable to or decide for any reason not to participate or continue with the Expedition and that I am responsible for taking out any necessary insurance to cover against any loss incurred by me due to my not being able to participate in or continue with the Expedition.
- 13 I confirm that it is my responsibility to arrange and pay for all travel costs (except as expressly stated as included within the Expedition) and to ensure that I arrive at the notified Expedition rendezvous place by the date and time designated. I confirm that it is my responsibility to take out all necessary insurances against all and any matters relating to such travel including, without limitation, insolvency of any flight provider, cancelled flights and delay.

Acceptance

I, the undersigned, hereby acknowledge that I have read and understand the above the terms and conditions and disclaimer of JCG Expeditions and hereby acknowledge my acceptance of the same by signing below.

Expedition: JCG Expedition – Island Peak Climb 2012

Name:

Signed:

Date: