

P.O. Box 658 Ophir, CO 81426
T. +1-970-369-1153 F. 303-496-0998

Info@mountaintrip.com
www.mountaintrip.com



The view's better up here...

You have applied to Mountain Trip to provide guide services on Mount Everest. In the process of applying for a position on this expedition you will be signing a number of documents. These Documents will consist of the following pages.

This cover page
Our 2010 Everest Expedition overview
Agreement concerning services
Application
Fee, Refund and Cancellation Agreement
Medical Information
Physician's Release
Body Disposal Form
Trip Equipment List
Release and Indemnification Agreement

You must read all of these documents, complete the necessary information needed and return them to us within ten days of your acceptance on the trip. Copies of these documents are available on our website. You acknowledge receipt of these documents upon signing and returning a copy of this cover page.

General Disclosures, Disclaimers and Agreements

You understand that before you will be accepted on this expedition you will be signing a release, acknowledgement of risk and covenant not to sue which releases you and your family from any right to sue Mountain Trip for injury, death or loss of property for anyone connected with the expedition, including Mountain Trip or its employees' or guides' negligence.

We are not travel agents and are not providing travel services. We are recommending travel agents for you to use who have experience booking travel to the far out reaches of the world were our company works, however we cannot accept liability for any of your travel. Travel to and from the expedition is incidental to the expedition.

All documents you sign are incorporated herein by reference.

You agree to the site of any lawsuit and the law governing any such lawsuit shall be San Miguel County Colorado and governed by Colorado law. The terms of this agreement and all other agreements shall continue and be in effect after the expedition has ended. All changes or alterations to this document must be in writing and approved by both parties. No changes to the face of any document are valid.

Even though you have been accepted on to the expedition, Mountain Trip and the trip leader may at any time remove you from the expedition for reasons including your health and safety, the team's health and safety or for failing to follow expedition rules or any government or government agency laws, rules or regulations.

Each of the accompanying documents contains important information that you need to read and understand. You assume the risks set forth in the documentation, website and other information that Mountain Trip has provided. You also agree to the terms and conditions, including the relinquishment of certain legal rights in the various documents.

SIGNATURE

DATE

Mountain Trip's 2010 Everest Expedition



In many ways, an expedition to Mount Everest marks the pinnacle of a mountaineering career. It is the challenge of a lifetime for many climbers and as such, you should do everything in your power to set yourself up for success. To that end, Mountain Trip brings a combination of years of experience in the mountains, a remarkably experienced Everest expedition leader and a commitment to personalized service to our program.

Expeditions do not begin at the trailhead. They begin months or years in advance, with participants preparing themselves physically for the challenge of their climb, and acquiring the appropriate equipment for their route. In the months preceding your climb, you will have many decisions to make and Mountain Trip will provide you with unparalleled support in an effort to help you make the best choices possible.

Our Everest expedition is designed to have less climbers than many commercial trips, in the hopes that we can therefore be more mobile and avoid the additional logistical difficulties associated with large groups. Small teams and a high level of support are an increasingly uncommon standard on some of the big mountains, but Mountain Trip is determined to put you first in every decision we make, in the hopes of safely providing you with the absolute best possible chance to stand on the summit of the world's highest mountain.

In the months before your climb, please take advantage of our depth of experience to answer any questions you might have about what type or equipment to acquire or how to tailor your workouts to maximize results that will benefit you on this expedition. Do not hesitate to contact us with any and all questions about your upcoming climb. Our contact information is as follows:

Scott Woolums (expedition leader):

scott@mountaintrip.com or by phone at: +1-541-490-5028

Todd Rutledge and Bill Allen at our Colorado office:

info@mountaintrip.com or by phone at +1-970-369-1153

Thanks for your trust in Mountain Trip!

General Agreement Concerning Services to be Provided

You have signed up for the 2010 Mount Everest Expedition with Mountain Trip. We want to make sure you understand the services we are providing and the services you are responsible for to make this trip as smooth as possible and to increase your chances of achieving your goals.

Transportation is Incidental

The main purpose of becoming a team member of a Mountain Trip's Everest Expedition is to climb Mt. Everest. As such, any transportation we provide or that you may contract for on your own is incidental to the trip. Remember that in Nepal, transportation may be a hit or miss sort of thing. Make sure you use reliable travel agents who have experience booking in the region. We also suggest that you make sure you have time built into your itinerary for delays. Remember that immigration, customs and security in most foreign airports is not as good or efficient as in the U.S. and you may spend several hours waiting to enter or leave a country. Plan accordingly. Mountain Trip will provide scheduled airport transfers in Katmandu.

Transportation to and from is not provided

Transportation to the meeting point in Katmandu, Nepal is to be provided by you. You must arrive on or before March 25, 2010 and be ready to go on March 27 at 8:00 A.M.

We expect to be off the mountain and back to Katmandu on June 2. Do not book any return flights any earlier than June 5 as we cannot guarantee when we will arrive back in Katmandu. We suggest you book a ticket that allows you to change your flight with little effort or cost.

Any lodging not provided

Any lodging, hotels or motels during your stay before your arrival or after your return from the mountain are your responsibility. You will need to have lodging through March 25, when we leave for the mountain, and after June 2, when we return. We will provide lodging between March 25 and June 2, per the itinerary and can help you make arrangements for lodging before and after those dates.

Any meals not provided

There are hundreds of horror stories about illnesses from eating food and drinking water in foreign cities. All meals at restaurants we provided we have reviewed, however even then we cannot guarantee the quality or safety of the food. There are numerous publications available on how to protect yourself when eating in foreign countries. We suggest you read and study to make sure your trip is not cancelled before you set foot on the mountain.

PARTICIPANT SIGNATURE

DATE

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EXPEDITION APPLICATION

NAME: _____ PREFERRED NAME: _____

Mailing Address: _____

City: _____ State: _____ Postal Code: _____ Country: _____

Secondary Address: _____

City: _____ State: _____ Postal Code: _____ COUNTRY: _____

State of Residency: _____ Date of birth: _____ Ht. _____ Wt. _____

Phone: Day: _____ Evening _____ Fax: _____

Email Address: _____ Occupation: _____

Spouse's Name: _____ Spouse's Occupation: _____

Emergency Contact Information: Name: _____

Relationship: _____ Address: _____

Day Phone: _____ Evening Phone: _____ Mobile: _____

Emergency Contact Information #2: Name: _____

Relationship: _____ Address: _____

Day Phone: _____ Evening Phone: _____ Mobile: _____

PASSPORT INFORMATION

Passport number: _____ Date of Expiration: _____

Place of Issue: _____ Date of Issue: _____

Birthplace: _____ Citizenship: _____

Where did you hear about Mountain Trip? _____

Have you climbed with us before? Y N
If yes, please describe where, when and with whom?

EXPEDITION APPLICATION page 2



Mountain Experience:

Please indicate any mountain experience you may have that has helped prepare you for your intended expedition. Please include the name of the mountains, the altitude you reached and, if you climbed with a guide, please give us the name of your guide and/or guide service:

Expedition Experience:

Please indicate any expedition experience you may have that has helped prepare you for your intended expedition. Please include the name of the expedition's objective, the altitude you reached and, if you climbed with a guide, please give us the name of your guide and/or guide service:

PHYSICAL FITNESS:

Please describe your current physical conditioning. Please include all activities, the time spent weekly or monthly and the frequency of the activity.

Resting Pulse Rate: _____ Average Blood Pressure: _____

PARTICIPANT'S SIGNATURE

DATE

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Fees, Refunds and Cancellation Agreement

Planning for any expedition starts a minimum of six months in advance and in some cases, several years. As soon as you have been accepted on an expedition, Mountain Trip begins to make deposits, secure permits and reserve lodging and services to help you achieve your goals. In order to provide you with the high quality expedition that we strive to provide, we have a strict Fee, Refund and Cancellation Policy.

- You have paid a \$35,000.00 (Thirty five Thousand Dollars) deposit. This \$35,000.00 fee includes a non-refundable \$2500.00 Registration Fee. This Fee is used to pay for the costs of reserving your spot, providing you with information on the expedition, opening a file for you in our office and other fees and costs associated with you on the expedition as well as the costs of preparing you for the trip with us. These costs include securing transportation to the mountain from the meeting point, expedition food, securing our guides and paying any and all fees in advance. As such, at some point most if not all of your fees become non-refundable.
- Up to six (6) months before the expedition we will refund all of the fees you have paid except your Registration Fee.
- Between 6 months and 91 days before the expedition we will refund all but \$10,000 of your expedition fees.
- After 90 days before the expedition your fees become non-refundable. If we are able to fill your spot on an expedition with a qualified person, we will refund fifty (50%) of your expedition fees. We are solely responsible for finding and qualifying someone to fill your spot on the expedition and we will make every effort to do so, however this is a very rare happening.
- **After 90 days before the expedition all expedition fees are non-refundable.**
- If Mountain Trip is forced to cancel the expedition, Mountain Trip shall refund 100% the expedition fees to you. If the expedition is cancelled because of war, strike, government intervention or closure of the mountain by the government all fees not paid by Mountain Trip will be refunded to you.

I understand and agree to the Fees, Registration Fee, Refund and Cancellation Policy of Mountain Trip
(Initial the Box)

Extraordinary costs: Search & Rescue, Body Repatriation, Damages

You are responsible for any extraordinary costs that you may encounter on an expedition. These costs include but are not limited to any of the following:

- First Aid Care provided by third parties
- Body Repatriation Fees
- Search and Rescue Costs
- Costs in assisting the US consulate if you are detained in a foreign country for any reason.
- Satellite Telephone Charges
- Unpaid Bar Tabs

By signing this agreement in advance you agree to indemnify Mountain Trip for any costs listed above or otherwise that they may incur on your behalf.

Participant's Signature: _____

Date:

Spouse's Signature: _____

Date:

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PHYSICIAN'S RELEASE AND MEDICAL INFORMATION

The information provided to Mountain Trip on this form is provided for three purposes:

1. We may need the information on this form if you suffer an illness or injury on the expedition.
2. We want you to see a physician and have your physician's approval before undertaking the expedition. We will not make decisions concerning your health or fitness to undertake that trip. That is a decision between you, your spouse and your physician.
*You should also consult with your physician concerning any necessary prescriptions you will need for the expedition. (See Below)
3. You are waiving your rights under the Health Insurance Portability and Accountability Act (HIPAA) and any state HIPAA laws. Traveling in foreign countries and to and from our base to the mountain we cannot insure the confidentiality of your medical information. In addition, we may need to share your medical information if you suffer an illness or injury on the trip. Every effort will be made to keep your medical information confidential and this information will only be shared on a need-to-know basis.

Have you had or do you currently suffer from any of the following:

- Allergies
- Cerebral Edema
- Pulmonary Edema
- Acute Mountain Sickness (AMS)
- Diabetes
- Asthma
- Dislocated joint
- Frostbite or other cold related injury
- High Blood Pressure
- Epilepsy
- Back, Knee or Shoulder problems.

Are you currently taking any prescription Medications? If so what and why:

Are you pregnant or expect to be pregnant during the expedition?

Do you have any limitations on your activities?

Do you have any other issues that affect your health or your health on the expedition?

Physician's Acknowledgment

Your patient _____ has signed up to climb Mt Everest. Mt Everest's summit is 8850 meters (29,035 feet) above sea level. The mountain is located in the country of Nepal at a latitude of 27°59'17"N and a longitude of 86°55'31"E. The average temperature on the mountain during the time period your patient will be on the mountain will be 15-40 F and may dip as low as -45 F. The trip will last approximately 68 days. The participant will be carrying a pack weighing up to 18 kilograms (40 pounds) and wearing heavy mountaineering boots, clothing and equipment. Emergency Medical Services should be considered non-existent. The only medical care that may be available will be our guides and other trip participants who may have wilderness or first aid training.

All participants must be in good physical and mental condition both for their safety and the safety of the other participants and guides.

MOUNTAIN TRIP Medical Form,

We also suggest that all participants bring with them the following prescription drugs or equivalents. Please consult with your patient to determine the drugs he or she may need and how those drugs are to be used.

- Augmentin, Amoxicillin, etc for upper respiratory problems
- Septa, Cipro, etc for G.I. Problems
- Diamox for acclimatization
- Dexamethazone for HACE
- Ibuprofen, Tylenol 3 or similar headache medications
- Dexamethasone for cerebral edema (HAPE)
- Nifedipene and Cialis for pulmonary edema
- Tagamet, if the patient has a history of stomach problems
- Malaria Chemoprophylaxis as needed
- Any other medications or inoculations for travel in third world countries.
- Any other medications you advise for this patient.

If you are prescribing additional medications, please indicate the medications what those medications are for:

Please have the patient keep all medications in the original prescription bottles for traveling to the mountain. It makes it easier to pass through customs and immigration in third world countries this way.

I have examined the patient and read the possible risks of the expedition.

_____ is in good physical condition and mentally stable and able to undertake the expedition at this time. I have provided the patient with the necessary prescription and non-prescription medications and explained their use and side affects to the patient. I have reviewed the inoculations and patients "Yellow Card" and have provided him with the necessary inoculations and proof of such inoculations.

PHYSICIAN'S SIGNATURE

DATE

Phone

Fax

Address

Health Insurance Portability and Accountability Act (HIPAA)

I hereby forever waive, discharge and release any rights I have under the Health Insurance Portability and Accountability Act (HIPAA) for the information I have provided above as well as any information that I may provide to Mountain Trip, its guides, employees, contractors, Sherpas, or third parties. I understand that this is being done for my safety and well being as well as the fact that my medical information cannot be kept confidential on a mountain or in third world countries. Mountain Trip will only release said information on a need-to-know basis. I promise not to sue Mountain Trip for any release of my medical information.

PARTICIPANT'S SIGNATURE

DATE

SPOUSE'S SIGNATURE

DATE

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Body Disposal/Repatriation Form

Climbing big mountains is inherently dangerous, and one of the potential situations best addressed before an expedition is what you would like done with your body, should you die in the mountains. If you die on a mountain on our trips we will do everything possible to assist in returning your body to the US. However there will be additional costs in doing this if it is possible. In many cases it may not be possible. The US embassy or other foreign embassies will only assist in transporting your body back to the United States or other country once the body is back to the city where the embassy is located.

If you die on the mountain above 7800 meters (25,800 feet) your body will be left at that location.

If you die on the mountain above 5300 meters (17,500 feet) your body may be put in a crevasse and *possibly* marked with a rock cairn in a respectful manner by your expedition team members.

If you die lower on the mountain it might be possible to get your body down where it could be cremated by the locals. This will cost several thousand dollars including the cost of recovery labor, transport and body preparation, wood and appropriate donations to the local monastery. This cost is usually between \$5000.00 and \$10,000.00. It will not be possible to bring your ashes home because of the cremation process.

If you die down lower on the mountain or on the trek to basecamp, it might be possible to get your body down for repatriation to your home country. If you elect repatriation of your body it would be via helicopter and would be quite complicated and expensive, in excess of \$15,000 plus the cost of staff of Mountain Trip and might take several weeks.

No matter what altitude, if I die on the Mountain, I prefer to be:

Left on the Mountain: _____

Cremated by the locals: _____

Repatriated: _____

If I elect cremation or repatriation the following will pay for the costs for any election I have chosen. I also understand and agree that any costs shall be a lien against my estate and I authorize the trustee of any trust or the executor of my estate to pay for any such costs. If I elect cremation or repatriation the following will pay all costs incurred:

Name:

Address:

Phone:

Relationship:

Life Insurance Policy:

Policy Number:

Additional comments:

Participant's Signature: _____

Date:

Spouse's Signature: _____

Date:

Mount Everest Gear List



Climbing the world's tallest mountain requires specialized equipment. The following list should be followed closely in order for you to succeed on Everest. Optional items are noted as such, but the rest of the list should be regarded as required equipment.

Many of the items on the list need to fit you well in order for you to fully and safely enjoy your experience on the mountain. Please plan ahead with equipment you need to purchase for your trip so you can be certain that your gear fits you well. The Lhotse Face is not the place to discover that your pack is too long for your torso or that your boots give you blisters.

Recommended items reflect the opinions of our guides and are weighted toward companies adhering to sustainable environmental and social practices, but they may not necessarily fit you. Call or email with any gear questions. We want you to be as prepared as possible for your expedition.

Footwear

Mountaineering Double Boots: Boots fall into two categories, traditional double boots and boot systems with integrated gaiters. Try on a variety of boots as they all fit differently and get the one that fits well. Though expensive; the system boots are worth every penny!

Recommended System Boots: Scarpa "Phantom 8000", La Sportiva "Olympus Mons EVO"

Recommended Double Boots: Koflach "Arctis Expedition", Scarpa "Inverno" with High Altitude Liners. *A great addition is the Intuition "Denali Liner" which is very warm and light.*

*****All double boots need Overboots and Gaiters.**

Overboots: Neoprene overboots such as the K2 from 40 Below are best. Contact Joel Attaway at 40 Below for sizing and fit considerations ((253) 846-2081 or Support@40below.com). These are only necessary if you use Double Mountaineering Boots.

Gaiters: These should be full height, such as Black Diamond GTX Frontpoint Gaiter or Outdoor Research "Crocodiles." These are only necessary if you are wearing Double Boots.

Booties: (*Optional*) Synthetic or down filled booties are great for camp and tent comfort and allow you extra opportunity to dry out your boots.

Hiking Boots or Shoes: Comfortable, broken-in (!) footwear for day hikes and the trek to base camp. The trail is rough and rocky so you need supportive shoes.

Boots for base camp: (*Optional*) It is really nice to have a good pair of comfy, warm boots for hanging out in base camp. Sorels or Uggs work well.

Clothing

Base Layers: (2 or 3 sets) Synthetic or wool tops and bottoms such as light or mid-weight Capilene or Wool 1 or 2 from Patagonia are ideal for keeping you dry and warm.

Heavy Fleece: Top and bottoms made from 100 weight or Powerstretch fleece. A zip T-neck is great for ventilating. Guides Pick: Patagonia R1 tops and bottoms. The R1 Hoody is great, if you can find one!

"Soft Shell" Pants: Soft shell pants are becoming increasingly popular due to the broad comfort range they provide. They block most of the wind and are very breathable. **Guides' pick:** Patagonia Guide or Super Guide Pants.



Fleece or Primaloft Jacket: Size fleece to fit under your shell jacket or size the Primaloft to fit over your shell. We are fans of the puffy, Primaloft jackets because they are lighter and warmer than fleece and compress down much smaller.
Guides' pick: Patagonia Micro Puff Jacket.

Shell Jacket and Pants: They should be large enough to go over your pile clothing layers and the pants must have side zippers. They do not need to be the burliest Gore-Tex on the planet. Look for a lightweight, water resistant, and windproof shell. This is a very important layer so look for function and quality.

*****Expedition Down Layer(s):** Feathered Friends, Marmot, Mountain Hardwear, and The North Face all make good quality 8000m down products. Please bring **either** an 8000m down parka and pants **or** a down suit. You are spending a lot of money to go to an extreme environment. Consider replacing your down parka and pants with a down suit as additional insurance...

Down Jacket and Insulated Pants: Your expedition down layer(s) will get carried up high and it is nice to have warm layers for around Base Camp. **Guides' Pick:** Patagonia Down Parka and Micro Puff Pants

T-shirt: Bring 2 or 3 synthetic shirts or t-shirts for the hike in.

Underwear: Bring at least 3 or 4 changes. Look for synthetics such as Patagonia Capilene. Ladies, consider bringing a few more changes

Base camp clothing: We spend a lot of time in base camp so make sure you have a set of extra clothes. Jeans and a cotton t-shirt work fine and it feels nice to get out of synthetics for a change!

Socks: 8-10 sets of light, medium and heavy weight socks. You will need a variety for versatility. Make sure they fit in your boots and shoes.

Gloves: Light or medium weight Windstopper or (better) Schoeller fabric (**2 pairs**).

Insulated gloves: Warm, insulated gloves are the workhorse on Everest. It's hard to stress how much you'll be wearing these, so do not skimp on this item. **Guides' Pick:** Black Diamond Guide Glove.

Summit Mittens: Choose warm, non-constricting summit mittens made of Primaloft or down. **Guides' pick:** Outdoor Research Alti Mitts. They aren't cheap, but are extremely warm and have tough palms.

Warm hat: Bring one warm hat or two hats of different weights. Wool or pile is fine. Your hat must provide ear protection and must fit under your climbing helmet. Windstopper really affects your ability to hear, so please do not bring a Windstopper hat.

Balaclava: Bring two; one heavyweight and one lightweight.

Facemask: Neoprene or Windstopper work equally well.

Buff: This is a lightweight neck gaiter that can be used for sun protection as well as for warming the air you breathe while you are climbing. Some people find it useful to help prevent the dreaded Khumbu cough. They are amazingly versatile and weigh almost nothing.

Sun Hat: Baseball or wide brimmed sun hat. You can combine a hat with a bandanna for good sun protection as well.

Glacier Glasses: They must have side protection and filter 100% UVA and UVB rays.



Ski Goggles: You'll use these while traveling during storms or during really cold spells. These must have doubled lenses and provide 100% UV protection. *Optional-* bring a second pair of goggles with clear lenses for the start of summit day. We start in the dark and it can be nice to have eye protection from the cold and wind. Goggles with built in fans work well with oxygen masks.

Expedition Backpack: 3500 - 4000 cu in or 60 to 70 liters. ***Be certain that your pack fits you!*** Get used to your pack, train with it, make it your friend!

2 Large Zippered Duffels: Make sure they are durable and waterproof. Bring TSA approved locks for each duffel! **Guides' Pick:** Patagonia Stellar Black Hole Duffel

Sleeping Gear

Expedition Sleeping Bag: Rated to 40 below. Even though synthetic bags are getting much better we still recommend down bags as they are lighter and more compressible. Make sure it is a quality product. **Guides' Pick:** Feathered Friends Snow Goose

Expedition Sleeping Bag: (*Optional*) Rated to 20 below. This is a second bag for base camp. This saves you from hauling your bag up and down the mountain as higher camps are established.

Compression Stuff Sack: These are essential for sleeping bags and recommended for your other clothes such as your parka, mitts and warmest pants. **Guides' Pick:** Outdoor Research Helium Compression Sacks

2 Sleeping Pads: You need at least two pads. One should be a closed cell pad such as a Ridge Rest or a Karrimat. The other pad should be an inflatable style. It is a good idea to bring along one extra closed cell foam pad as well. **Guides' pick:** Therm-a-rest Pro-Lite 4 with a Ridge Rest.

Technical Climbing Equipment

Ice Axe: (with leash) 70-80 cm length. **Guides' Pick:** Black Diamond Raven Pro.

Crampons: 12 point crampons that ***fit your boots!*** Make sure they fit with your mountain boots and overboots if you are using them.

Harness: Adjustable leg loops are required. The Black Diamond Alpine Bod Harness is both light-weight and functional.

Ascender: You will need one full-sized ascender for the fixed lines on Mount Everest.

Climbing Helmet: Select a lightweight helmet that is easily adjustable to accommodate different hats.

Carabiners: Bring two large locking carabiners and eight regular carabiners. Please do not bring "bent-gate" carabiners. These have certain limitations that do not make them appropriate for how we will use them. Mark them with colored tape for identification. **Guides' Pick:** Black Diamond Neutrinos are very light weight.

Perlon Cord: 50 feet of 5 or 6 mm for Prussiks.

Rappel/Belay Device: You will need this for rappelling the fixed lines. Practice with it before your trip!

Trekking Poles: Adjustable poles work great. **Guides' Pick:** Black Diamond Expedition Poles

Essential Personal Items



2 Headlamps with LOTS of batteries: Both should have at least a 35 meter beam.

Stuff Sacks: Bring enough to keep your stuff organized.

2 One Liter Wide Mouth Water Bottles: Please do not bring narrow mouthed bottles.

(1) .5 Liter Wide mouth water bottle: This size fits nicely inside your parka.

Insulated Covers: 2, one for each one liter bottle. 40 Below and OR both make nice ones.

Large Plastic Bowl: Bring one bowl for eating out of on the upper mountain.

Insulated Mug: Bring a plastic, insulated, 12-16 ounce mug for hot drinks.

Plastic Spoon: Lexan spoons are very durable.

3 Lip Balms: Make sure they have at least SPF 15 sun protection.

Sun Cream: 6-8 small (1 oz) tubes work better than one large bottle.

Toilet Kit: toothbrush, toothpaste, dental floss, handi-wipes...etc. (keep it small)

Swiss Army Knife: Keep this small and lightweight. Scissors are nice to have on your knife.

Pee Bottle: Make sure it is at least 1 L. Our **Guides' Pick** is the collapsible, 96 ounce canteen from Nalgene. Think about being tent bound for three days...

Hand Warmers: Bring 12+ sets of these disposable insurance policies.

Personal medical kit: Blister kit, aspirin, antacids, lozenges, Ibuprofen. ***Please contact your personal physician for a list of appropriate prescription medications.***

Camera: Modern digital cameras can be lightweight and with high capacity memory cards, can take lots of photos. Be sure to bring extra memory and at least one extra battery.

Towel, Shampoo and Soap: For showers at base camp!

Other items: Journal and pen, books, altimeter watch, foot powder, maps, spare sun glasses, personal music player with 12 volt charger (flash drive versions work best at altitude).

SIM Card: We'll have a satellite phone and you are welcome to use it, but if you plan on making many calls, please purchase and bring your own SIM card to use. Contact us for details.

There are many good options for equipment. Our **Guides' Picks** reflect gear that we know to be of the highest quality and are biased toward companies that we feel are leading the industry with their environmental and social policies, however they might not be the best choice for *you*. We want you to be ultimately prepared for your climb. Please contact us with any and all questions or thoughts on your kit.



IMPORTANT: THIS IS A LEGAL DOCUMENT

Please read and understand this document before signing. If you have any questions please ask us or consult an attorney. You are giving up specific legal rights by signing this contract.

MOUNTAIN TRIP INTERNATIONAL (MTI) has done everything possible to assure that our guests experience a rewarding experience. We wish to inform our guests that mountaineering is not risk free. The same elements that contribute to the unique character and excitement of mountaineering such as the physical exertion or the views can cause loss or damage to equipment, injury, illness, or in extreme cases, permanent trauma, or death. We do not want to heighten or reduce your enthusiasm for the experience, but we do want you to know in advance what to expect, and to be informed of the some of the possible risks. We ask that you read this, sign it, and return it to our office.

EXPRESS ASSUMPTION OF THE RISK

There are risks that accompany all aspects of life as well as mountaineering. Some of these risks are inherent to the activity; some are changed, increased or decreased due to the activities of **MTI**. You must understand and accept all of the inherent risks of the activity. By understanding these risks, you will have a better trip and be better prepared to enjoy your trip.

I understand that I will be using equipment that I am probably unfamiliar with and may not fully understand. I agree to ask adequate questions concerning the use of such equipment and the operation of the equipment. I understand it is my responsibility to learn how to use the equipment before the expedition and to become skilled in its use. I understand that using such equipment in these conditions creates a higher risk of equipment failure. I agree to not hold **MTI** liable for any failure of the equipment to work under these conditions. I also understand and agree not to sue **MTI** for any equipment failure, breakage or malfunction of the equipment.

You will be living, camping, and traveling out of doors, where you are subject to numerous risks, environmental and otherwise. Activities vary from trip to trip and include hiking, backpacking, camping, rock climbing and mountaineering.

Meals are prepared over stoves and sometimes-open fires, water often requires disinfecting before use. Camping hazards may include burns, cuts, titan diarrhea and flu-like illness, and falling rock or timber.

Travel is by vehicle and on foot. Travel by foot is over rugged unpredictable trail and off-trail terrain, including boulder fields, downed timber, river crossings, high mountain passes, snow and ice, steep slopes, and slippery rocks. Attendant risks include collision, falling; drowning and others usually associated with such travel, as well as environmental risks.

Environmental risks include rapidly moving, deep or cold water, insects snakes, and predators, including large animals; falling and rolling rock: lightning, avalanches, flash floods, and unpredictable forces of nature, including weather that may change to extreme conditions without notice. Additional risks are frostbite, high altitude illness, sunburn, heatstroke, dehydration, and other mild or serious conditions.

Rock climbing like all outdoor recreation activities is hazardous. The obvious accidents that occur in rock climbing are falling while climbing. Whenever you fall you may fall only a few feet or all the way to the ground. As you fall you may hit objects or the rock the are in your path. If the rope breaks your fall, the jolt from the rope may cause injury. Falling to the ground may cause serious injury from any height.

In addition to the hazards of falling, objects falling off the rock may hit you. Rocks, branches, climbing equipment and even people may fall and hit you as you are standing at the base or while climbing.

Equipment may fail. Climbing and Mountaineering equipment is tested before use, however the extreme conditions of the environment in which climbing equipment is used in conjunction with the damages caused by the rock can cause climbing equipment to fail. The rock may brake to which you are holding or to which you

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have placed protection causing you to fall or causing your protection to pull out from the rock. As you climb you may pull out protection from the rock.

You will experience cuts from holding on to the rock. You may also experience rope burns from handling the rope.

You may experience Ice Climbing or moving across snowfields or glaciers on your trip. Ice Climbing is a technical activity involving the use of ice axes and crampons. Ice axes must be used properly to be effective and to prevent injury to you or other people. Crampons have sharp points on the bottom and front of the boot. These points are dangerous to you and other people. Make sure you understand how to walk in crampons before doing so.

Ice Climbing involves cold, water and ice on the vertical. Moving vertical on ice requires some strength and skill. Ice is constantly falling and can cause injury if you are hit by it. Other objects that fall due to thawing or knocked down by the ice may also hit you.

Glacier travel is always dangerous. Crossing crevasses or walking over snow bridges covering a crevasse can lead to a fall. You will need to learn and understand crevasse rescue on this trip. Falling into a crevasse can cause injuries due to the fall or objects hitting you during and after your fall. You may also be injured while stopping in the bottom or wedging into the sides. Once in a crevasse you will be subject to cold and hypothermia.

Another aspect of glacier travel you need to be aware of is the dangerous from seracs, ice and snow. Many times while crossing glaciers or hiking in the mountains, you will be in an area where seracs or ice can fall injuring or killing you. Seracs are large blocks of ice you may need to walk near or around.

Avalanches are also a constant threat in the mountains. An avalanche is snow that has released from the mountain and is moving down the mountainside. If you are trapped in an avalanche you can be injured by the avalanche or trapped in the avalanche, which may kill you.

You will trek at altitudes, which you will not be accustomed. I understand that I may be subject to high altitudes. I understand that this can cause shortness of breath altitude sickness, nausea, edema, and other severe or disabling illness. You will be hiking to at least 18,000 feet (5486 meters) and possibly 29,035 feet (8,850 meters) above sea level. Altitude sickness is the term used to describe the effects on a human body at altitudes higher than the person is accustomed to. Altitude sickness is usually associated with nausea, headaches and a loss of appetite. You may also suffer from High Altitude Pulmonary Edema (HAPE) or High Altitude Cerebral Edema (HACE) both can be fatal at high altitudes. If you suffer any symptoms of any altitude illness, you need to contact your guides immediately and prepare to descend down the mountain.

I understand the activity, which I am undertaking, includes a high degree of risk to Hypothermia. Hypothermia is the name for a medical condition where the core body temperature drops to a point that the body is unable to maintain and heat itself. Hypothermia can quickly result in death. I am adequately dressed to withstand the cold temperatures and participate in this sport.

Decisions are made by the instructors and participants in a wilderness setting, based on a variety of perceptions and evaluations which by their nature are imprecise and subject to errors in judgment. Participants may have free and unsupervised time. Throughout the trip, participants are responsible for their own safety and for the safety of other members of their group.

It is also possible that some participants would suffer mental anguish or trauma from the experience or their injuries.

This list is not an exclusive or exhaustive list of possible injuries; trauma or accidents that may occur while mountaineering. Most of these injuries are rare and you are not likely to encounter them. How-

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ever, they have occurred, and you need to know about them and other possible injuries not mentioned above. These injuries occur more often when the participants are using drugs or alcohol or not physically able to undertake the activity.

I certify that I am fully capable of participating in a mountaineering expedition. I state that I have read the above statement on some of the possible risks in this activity. Therefore, I assume full responsibility for myself, my family, including minor children, for bodily injury, death, and loss of personal property and any expenses as a result of my negligence, negligence of my family, or the negligence of **MTI**. I hereby expressly consent and assume all risks of the activity for myself and my family including the risks associated with traveling to and from the activity. I also understand that **MTI** reserves the right to refuse any person it judges to be incapable of meeting the rigors and requirements of participating in mountaineering. My family and I are in good physical condition and able to undertake this activity.

CONTRACT, WAIVER, RELEASE, AND INDEMNIFICATION

I agree to indemnify and hold harmless **MTI** their agents and employees from all claims, damages, losses, injuries, and expenses arising out of or resulting from my families or my participation in these activities. I or my family agrees to indemnify and hold harmless **MTI** for any costs of search and rescue on my behalf. I agree to indemnify and hold harmless **MTI** for any expenses or bill they may be charged by an government, government agency or non-profit organization for any costs expended by **MTI** on my behalf. Finally, I understand and agree to indemnify and hold harmless **MTI** for any expenses that I have agreed to in any other agreement concerning the repatriation of my body upon my death.

I further agree to release, acquit, and covenant not to sue **MTI**, their agents, and employees for all actions causes of action claims or damages, damages in law or remedies in equity of whatever kind, including the negligence of **MTI**, negligence of another participant, or my family, myself, or my heirs, against **MTI** arising out of participation in this program. This agreement covers the incidental transportation to and from the recreation location. In short, I cannot sue **MTI** or anyone connected with the expedition if I or my family or minor child may receive an injury and if I do, I cannot collect any money.

I agree to the site of any lawsuit and the law governing any such lawsuit shall be San Miguel County Colorado and governed by Colorado law. The terms of this agreement shall continue and be in effect after the mountaineering trip has ended. All changes or alterations to this document must be in writing and approved by both parties. No changes to the face of this document are valid without approval from both parties.

As liquidated damages, I hereby agree that if **MTI** is forced to defend any action, lawsuit or litigation or for breach of the covenant not to sue, by myself, my executors, or my heirs, on my family's or my behalf, my heirs or executors and I agree to pay **MTI's** costs and attorney fees if they successfully defend such action, lawsuit or litigation. Should any sentence, clause, paragraph, or part of this agreement be declared unenforceable by a court of competent jurisdiction, the remaining parts or paragraphs shall remain in full force and effect. This release is intended to be interpreted as broadly as possible to affect the intent and purpose of the release.

I have adequate health, disability, and life insurance for my family and myself.

I hereby give permission for transportation to any medical facility, hospital and I authorize for any qualified guide or medical personnel to render necessary emergency medical care for my family or me. I hereby authorize the release of any medical information, including information concerning my HIV or "Aids" status, in the possession of **MTI** to any medical facility, hospital, ambulance, first aid provider, first aid service, doctor, nurse, or other such person rendering care on my behalf. I hereby waive any action or claim against **MTI** or any health care provider, hospital, doctor, nurse or first aid provider for the release of this medical information including my HIV or "Aids" status.

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I, _____, of my own free will, for my family, my minor children, my heirs and executors and myself, have read, understand and acknowledge the risks and liability for myself and my family this _____ day of _____ 2007. *I understand that pursuant to Colorado Revised Statutes § 13-22-107, this release is effective in preventing claims or litigation for injuries my child may receive.*

I Have Read and Understood this Agreement. I Am Voluntarily Signing this Agreement. I understand I am giving up certain legal rights.

PARTICIPANT'S SIGNATURE

SPOUSE'S SIGNATURE

PRINTED NAME

PRINTED NAME

ADDRESS

ADDRESS