



Expedition Application Form

1. Each participant must be at least 18 years of age before the departure date of the expedition.
2. Participants over the age of 65 need to supply a letter of recommendation from their physician with this application form.
3. Your passport must have at least six months to run from the date of return to Ireland.
4. IntoIndia, with the agreement of Foundation Nepal has the right to alter the itinerary, dates, or location, should any changes in climate or any other unforeseen circumstance deem this necessary.
5. All participants must be covered by travel insurance. Please note that it must include full medical cover as well as cover for a) trekking in remote locations, b) helicopter evacuation in an emergency situation, and c) repatriation to your country of residence. We will provide details of insurance you can book in the information pack. If you decide to purchase your own travel insurance then you must provide us with a written guarantee from your insurance provider that you are covered for the conditions specified above, and that Foundation Nepal and IntoIndia will be fully reimbursed for any monies paid out on your behalf in the event of an emergency.
6. Participants must be relatively fit to take part in this expedition. You may be required to have a medical form signed by your doctor. By signing this application form you are confirming that, to the best of your knowledge, your general state of health is good and that you take full responsibility for yourself. IntoIndia reserves the right to refuse a participant if, in the opinion of IntoIndia, he/she is medically unfit to take part.
7. Passport control and in-country authorities will reserve the right to refuse entry.
8. Participants take part at their own risk, and agree to indemnify Foundation Nepal and IntoIndia against any claims of loss or damage to personal property, personal injury (or death) and any claim arising from their own actions.
9. Participants are responsible organising any medical vaccinations they may require, and must comply with any regulations or circumstances of a destination.
10. Your personal contribution is considered a non-refundable deposit.
11. If you are unable to meet the sponsorship requirements, you will forfeit your place on the Foundation Nepal Expedition - or you may choose to make up the balance of monies yourself.
12. Participants must carry out all methods of fundraising for the Foundation Nepal Expedition in accordance with the fundraising guidelines set out in the information pack we send you.

Full name as it appears on your passport:

Sex:

Nationality:

Date of Birth:

Passport number (must have at least six months to run from the date of return to Ireland):

Do you have any dietary requirements?

Do you have any pre-existing medical conditions:



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Are you currently taking any medication:

Do you have any allergies:

Have you had any major past injuries or medical operations which may effect your participation in this expedition:

Print Name:

Signed:

Date:

Please send a deposit of €400 (clearly marked Everest Base Camp Trek)

Payment method: Please do not enclose cash!

- Cheque/bank draft/postal order to Foundation Nepal, 3 New Road, Galway
- Pay by Credit Card/Laser Card/PayPal by visiting www.foundation.nepal/donate (Please ensure you clearly mark "Everest Base Camp Trek" in the comments box)
- Lodge funds directly:

Account name: Foundation Nepal

Account no.: 11885856

Sort code: 985750

Bank: Ulster Bank, 33 Eyre Square, Galway

IBAN: IE75 ULSB 9857 5011 8858 56

BIC: ULSB IE 20