



EXPEDITION APPLICATION

Please complete this application and mail it to Earth Treks Climbing Expeditions, LLC.

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- Check one:
- Climb for Hope Kilimanjaro Expedition June 15 - 29, 2008
 - Climb for Hope Kilimanjaro 2 Expedition June 2 - 16, 2008
 - Climb for Hope Cotopaxi Expedition January 3 - 11, 2009

Name (as it appears on your passport): _____

Street Address: _____ City: _____ State: _____ Zip: _____

Phone (Home): _____ (Work): _____ (Fax): _____ (Cell): _____

Email Address: _____

How did you learn about Earth Treks? _____

Briefly describe your traveling experience:

Briefly describe your personal climbing experience (previous climbing experience is not a prerequisite for many of our courses):

Briefly describe your outdoor experience:

As a climber, what goals would you like to achieve, and how can Earth Treks Climbing Expeditions help you achieve them?

Briefly describe your current level of physical fitness and fitness regime:

PERSONAL INFORMATION:

Date of Birth: _____ Marital Status: _____ Sex: Male Female T-shirt Size _____

Passport Number: _____ Occupation: _____

Place of Issue: _____ Citizenship: _____

Date of Issue: _____ Birthplace: _____

IN CASE OF EMERGENCY:

In case of emergency, please notify: _____ Relationship: _____

Street Address: _____ City: _____ State: _____ Zip: _____

Phone (Home): _____ (Work): _____ (Fax): _____ (Cell): _____

TRAVEL INFORMATION (update ETCE as details become available):

Name of airline you will be arriving on: _____ Flight Number: _____

Arrival date and time: _____ Departure date and time: _____

I prefer a single room at a supplemental cost: Yes No

Need to borrow gear: Yes No (Ecuador ONLY) Harness: Yes No Boots: Yes No. If yes, size _____
Ice Axe: Yes No Crampons: Yes No



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Terms and Conditions

What is included in the cost of a trip:

Prices given are for land costs only. This includes double occupancy lodging in hotels, meals on the mountain, scheduled bus/auto transportation within the countries we are visiting, permits, guides, group climbing and cooking gear .

What is not included in the cost of the trip:

Airfare to and from city where expedition begins, airport taxes, small group supplements, meals in destination cities, hospitalization or evacuation from remote areas, medical check-ups, immunizations, insurance of any kind, excess baggage charges, additional lodging charges for those desiring a single room, laundry services or other personal expenses, liquor, snacks, souvenirs, and tips for guides and camp staff.

The cost of delays is not included if any trip is held up due to river levels, road and trail conditions, flight delays, illness, government delays or any other factor which is beyond the control of Earth Treks Climbing Expeditions, LLC (ETCE) or their agents.

Payment and Application Policy:

A completed Earth Treks Climbing Expeditions application, a Climb For Hope Registration Form and a \$200 non-refundable Climb for Hope registration fee is required to confirm enrollment.

We reserve the right to cancel any trip due to inadequate sign up, natural disasters, or political unrest. We will fully refund the land costs in that case.

If you must cancel your trip more than 60 days prior to departure, you must notify Earth Treks and Climb For Hope in writing.

Once on the trip, ETCE reserves the right to remove any person from the trip who, at the sole discretion of the guides, is judged to be a safety risk to themselves or others. This includes those persons who are not acclimatizing adequately or are not strong or skilled enough to safely climb. In this case, there will be no refunds.

Itinerary:

ETCE reserves the right to determine routes and destinations and to change these at the discretion of the guides in order to best meet the needs of the participants and to ensure maximum safety. No refunds will be given in the event of a change in the course itinerary. Our itineraries describe each of our trips in detail. The schedule allows for acclimatization and adjustment to life in a foreign country.

Insurance:

We require that all participants purchase an International Travel Insurance Policy that covers emergency evacuation and medical emergencies. You must insure that the policy does not exclude high altitude mountaineering. Many insurance companies require that you obtain your policy soon after you book any travel arrangements, so please do not delay. We strongly recommend that you additionally obtain coverage for trip cancellation and lost luggage. Various travel insurance policies will cover these expenses to differing degrees. As with all policies, please be sure to read ALL the fine print. Upon purchase of your policy please fax, email, or mail a confirmation of your policy and ID number to us. We will need this information to process your application. Our travel agent, Carolyn Bowman (800-204-6782, carolynb@travelsociety.com) can recommend and book a policy for you should you choose.

Medical Care:

This trip is a rigorous mountain climbing expedition. By its very nature it is physically demanding and involves travel to many areas where medical facilities are virtually nonexistent. ETCE assumes no liability regarding the provision of medical care. You are urged to check your insurance coverage to be sure it is adequate. The trip leaders have the right to disqualify any member from the group at any time if considered medically necessary or to avoid endangering the group, or if the participant in question is physically unfit for the rigors of the trip. Refunds are not given under such circumstances.

Date: _____

Applicant Name (please print): _____

Applicant Signature: _____



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MEDICAL INFORMATION

Complete answers to the following are required.

Earth Treks Climbing Expeditions, LLC. strongly recommends that you see your doctor, discuss the rigors of the trip with him/her, and receive a thorough physical.

INSURANCE: You are responsible for any medical expenses and should be covered by your own health insurance (details to be completed below). In addition, we require that all participants purchase an International Travel Insurance Policy that covers emergency evacuation and medical emergencies (as detailed in Terms and Conditions).

Are you covered by hospitalization and medical care insurance? Yes No

Policy or Certificate Number: _____

Insurance Company: _____ Phone #: _____

Address: _____

Pulse/Blood Pressure: (If you are over 40, are overweight, or have had an inactive lifestyle, please have your blood pressure taken and recorded).

Blood Pressure: _____ / _____ Pulse Rate: _____ Date Taken: _____

CHRONIC HEALTH PROBLEMS:

If you have any health problems of which we should be aware of, please check below and describe (use additional pages if necessary).

Musculoskeletal pain or injury (neck, back, knee, hip, shoulder, etc):

 Diabetes, seizures, or frequent or unexplained fainting or dizziness:

 Do you suffer from any long term health issues? If so, please provide details.

 Are you taking any medications (OTC or prescription)? If so, please provide details including intended treatment.

 Have you been hospitalized or sought medical help for any injury, illness or other medical condition in the last 5 years? If so, please provide details, including any long term medical issues surrounding this treatment.

 Have you experience any cold weather or altitude related injuries/illness such as frostbite or hypothermia?

 List any and all allergies to food and/or medication and/or environmental conditions:

 Dietary restrictions: None Vegetarian Other (please describe below)

Do you smoke? Yes No

Do you wear corrective lenses? Yes No

Date of last tetanus shot: _____ Immunizations you are receiving for this trip: _____

Consent is hereby given to attend an Earth Treks Climbing Expeditions, LLC (ETCE) trip and permission is given for emergency anesthesia, operation, hospitalization or other treatment which might become necessary. The information provided above is a complete and accurate statement of the physical factors which may affect my participation on an ETCE trip. I realize that failure to disclose such information could result in harm to myself and my fellow participants, and I agree to indemnify and hold harmless ETCE if all relevant information is not disclosed. I also agree to notify ETCE should there be any change in my health prior to the course. ETCE reserves the right to turn down applications based on health or fitness.

Date: _____

Applicant Name (please print): _____

Applicant Signature: _____

Signature of parent or legal guardian if applicant is under the age of 18: _____



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RELEASE OF LIABILITY AND ASSUMPTION OF RISKS

The undersigned individual desires to use one or more of the Earth Treks Climbing Centers located at 7125-C Columbia Gateway Drive, Columbia, Maryland 21046, and/or 725 Rockville Pike, Rockville, Maryland 20852, and/or 1930 Greenspring Drive, Timonium, MD 21093 (collectively, "Facility") and/or to participate in trips and/or climbing expeditions sponsored by or involving Earth Treks, Inc., Earth Treks Columbia Climbing Center, LLC, Earth Treks Timonium Climbing Center, LLC, Earth Treks Rockville Climbing Center, LLC, and/or Earth Treks Climbing Expeditions, LLC (individually or collectively as the context may require, "Earth Treks"). In consideration for Earth Treks permitting me to use the Facility and permitting me to participate in the trips and/or climbing expeditions (the "Trips"), I have agreed to execute this Release of Liability and Assumption of Risks (the "Release").

I acknowledge that using the Facility, participating in the Trips and participating in other activities sponsored by Earth Treks involves certain inherent risks, including the risk of death or serious personal injury. I agree to assume all such risks, as well as any other risks involved in using the Facility, participating in the Trips or participating in any other activity sponsored by or involving Earth Treks. I also agree to release and discharge Earth Treks and all of its employees, agents and representatives, as well as all other persons or entities that may own, operate or manage each Facility, including but not limited to Colgate Drive Associates, Marlo Plaza III Home Furnishings Center Limited Partnership, and A. Kovens Vending Corporation, as well as any and all other persons or entities that might have any liability whatsoever to me (collectively, the "Released Parties"), from and against any and all damages, actions, claims and liabilities, whether known or unknown, anticipated or unanticipated, suspected or unsuspected, relating to or arising from any activity, occurrence or event involving the Facility, the Trips or Earth Treks. This Release is intended to release and discharge the Released Parties from all damages, actions, claims and liabilities of any nature, specifically including, but not limited to, damages, actions, claims and liabilities arising from or related to the negligence of the Released Parties. I further agree to indemnify, hold harmless and defend Earth Treks and each of the other Released Parties from and against any loss, damage, liability and expense, including costs and attorneys' fees, incurred by Earth Treks or any of the other Released Parties as a result of my using the Facility, participating in the Trips, or participating in any other activity sponsored by or involving Earth Treks. In addition, I understand that wearing a helmet while climbing at the Facility or participating in a Trip is recommended. If I choose not to wear a helmet, I agree to assume all risk of personal injury and death that may occur as a result of not wearing a helmet.

The laws of the State of Maryland shall govern the rights and obligations of the parties to this Release and the interpretation, construction and enforceability thereof. I agree that any lawsuit brought against any Released Parties shall be brought solely in the Circuit Courts for Howard County, Baltimore County or Montgomery County.

Earth Treks reserves the right to use any photograph taken at the Facility, on a Trip, or in connection with any other activity involving Earth Treks, including but not limited to those taken during an indoor or outdoor course, a birthday party, a group event, or during a climbing expedition, to be used in Earth Treks' promotional materials, brochures and web-site.

I HEREBY VOLUNTARILY WAIVE ANY RIGHT THAT I MAY HAVE TO A TRIAL BY JURY IN ANY ACTION, PROCEEDING OR LITIGATION INVOLVING ANY RELEASED PARTY.

THIS RELEASE IS A BINDING LEGAL CONTRACT; PLEASE READ IT CAREFULLY BEFORE SIGNING.
Please print all of the required information legibly.

Date: _____

Applicant Name (please print): _____

Date of Birth: _____

Applicant Signature: _____

IF PARTICIPANT IS UNDER 18 YEARS OF AGE, PLEASE CONTACT EARTH TREKS.

EXPEDITION GENERAL INFORMATION

Medical:

This trip is a rigorous mountain climbing expedition. By its very nature it is physically demanding and involves travel to many areas where medical facilities are virtually nonexistent. EARTH TREKS CLIMBING EXPEDITIONS, LLC (ETCE) assumes no liability regarding the provision of medical care. You are urged to check your insurance coverage to be sure it is adequate. The trip leaders have the right to disqualify any member from the group at any time if considered medically necessary or to avoid endangering the group, or if the participant in question is physically unfit for the rigors of the trip. Refunds are not given under such circumstances.

You should have a personal supply of any special medications which you may need. ETCE will furnish a well-supplied first aid kit and our guides are certified in first aid, CPR and have taken courses specific to wilderness medicine. It is understood that ETCE is not a medical facility and therefore has neither expertise nor responsibility regarding what medications or inoculations you and your private physician should decide necessary for your safe participation in the tour. We strongly recommend visiting a travel clinic in your area. Travel clinics are often far more knowledgeable than your primary care physician on the vaccinations and prescriptions needed for our trips. If you are in the DC/Baltimore area, we recommend visiting a Passport Health office (www.passporthelthusa.com or 888-499-7277). Their clinicians are very knowledgeable, and our guides frequently visit their Severna Park office.

Many climbers who take part in extended high altitude mountaineering trips, take *Diamox* prophylactically. *Diamox* is proven to aid in the prevention of altitude related illnesses and is most easily used in 500 mg time release capsules (carry enough to take 1 a day for your entire trip).

Many travelers visiting developing nations carry a course of *Cipro* (500 mg tablets). *Cipro* is an antibiotic that fights gastro-intestinal problems which, if left untreated, might force you to change your schedule. Please ask your doctor about the use of this drug. Malaria is not a threat in the highlands where we operate most of our expeditions.

The fitter you are aerobically, the more fun you will be able to have. We all know that life above 10,000 ft. will put a strain on our bodies. Some of us may suffer from fatigue due to our not properly preparing our bodies. At the very least, please exercise aerobically for an hour at least four times a week. Running and biking are highly recommended forms of exercise for high altitude mountaineering. Combine these regular workouts with a few long day-hikes with a small pack on the biggest hills you can find in your area. Please ask us for our [Mountain Training Guide](#) if you would like further suggestions!

Women may find that taking pre-natal vitamins (high in iron content) for 30 days prior to an expedition will aid their body's response to high altitude.

If you are prone to motion sickness, bring along Dramamine. The long bus rides can be tough on weak stomachs.

The sun is extremely intense at the altitudes we visit. We are in the rarefied air of the upper elevations. Invest in a really good pair of glacier glasses, zinc oxide, the most powerful sun screen, and a baseball or sun hat (making sure that the underside of the brim isn't white).

Brace yourself! Diarrhea is a common ailment in the nations we visit. Basically, new strains of bacteria visit our intestines and our body has only one way to get rid of them. As noted earlier, ask your doctor about *Cipro*. Also stock up on extra strength, Pepto Bismol caplets and Imodium AD. In order to avoid dehydration, you'll need to drink plenty of liquids. Remember that prevention is the best medicine. Try to avoid drinking water that wasn't either filtered, boiled or iodized. Never swap water bottles. Don't eat fruits and vegetables that are not peeled or washed in treated water. We'll only dine in places that cater to the stomachs of gringo westerners. If you do get diarrhea, please let your guide know so that we can supply you with a little compassion and the best medical treatment available. It is always advisable to carry a stash of toilet paper with you, as not all rest rooms are stocked.

Travel:

Earth Treks books all of its guides' flights through Carolyn Bowman at The Travel Society (800-204-6782 or carolynb@travelsociety.com). Her pricing is competitive and her service exemplary.

Money:

People love presents. If you have a lover, a big family or an irate boss, you had better bring a duffel bag full of \$20 dollar bills. Bargaining is the name of the game, so feel free to haggle with the locals. Plan on spending approximately \$10 per breakfast and lunch and \$10 to \$20 per dinner while in town. Carry your money and passport in a neck pouch or waist belt. Look for these at your local camping store.

Tips:

Most of our expeditions are accompanied by local guides, porters, cooks, and burro/yak drivers. Tipping of these staff is customary. Ask your guide for suggested amounts. Tipping your western gringo guide is always appreciated.

Emergency Contact Info:

In the case of an emergency at home while you are on your trip, family can contact Chris Jenkins or Chris Everett at the Earth Treks office: 410-872-0060 or 800-Climb-Up. If it is after hours, please call Chris Jenkins @ 443-745-2119 or Chris Everett @ 240-274-2504. They will get in touch with us as quickly as possible. This is also your best route to get in touch with us if you miss a flight or are somehow delayed on your way to your expedition. They will be able to let us know of your situation, along with your new arrival information.



EXPEDITIONS



Safety:

Theft is a possibility. Thieves will be looking for luggage that is easily opened and expensive looking. Canvas or heavy nylon duffels are your best bet for luggage. Get a small lock to secure it all. If flying from a location which does not allow locked luggage, zip tie the zipper shut. If TSA cuts a zip tie off your bag, they will replace it with a new one. Handbags are easily snatched, or sliced by a razor; think twice about bringing one. Keep your carry-on to a minimum, but should include a complete change of clothes. Everything should fit into a single daypack (jackets, cameras, books, everything). The weather in the cities we begin our trips in is usually mild (60 to 80 degrees) during the day but cold at night (30 to 50 degrees) so please dress accordingly.

Some other hints:

Leave expensive looking jewelry at home. Keep your daypack either in your lap, or with a strap around the leg of the chair you're sitting in. Don't keep much money or your identification in your pants pocket. Rather wear a neck pouch or money belt to discourage pick pockets. Before you leave home write down your passport number, traveler's check numbers, plane ticket number and any other vital info and Xerox a few copies of the list. Scatter these lists throughout your luggage.

By taking a few precautions with regard to health and safety, you can be better assured that your trip will be fondly remembered. The precautions mentioned would be no different than those recommended for any US city.

It is important for you to understand that your Earth Treks guides will do everything in their power to help you get to the summit, but their first responsibility is your safety. By climbing in small teams led by experienced guides, we maintain the flexibility needed to maximize each person's chances of summiting. You will be teamed with others of a similar pace and will probably move from one rope team to another as your performance dictates. It is also important to note that we will need to take a good look at each individual's medical background to be certain each person is fit and healthy enough to take on a challenge of this magnitude.

EXPEDITION CHECKLIST

To complete your expedition registration, be sure you have taken all of the steps on the following list. Call or email us anytime with questions on any of the following:

- To enroll in the expedition mail or fax ETCE your completed application. Enrollments will not be processed until applications have been received and approved. Keep a copy of this application for your reference while preparing for your expedition.
- Mail or Fax us a copy of your International Travel Insurance policy number and coverage. Many insurance companies require that you obtain your policy within 15 days of booking any travel arrangements.
- Email or Fax us your confirmed flight information.
- Visit Passport Health or another travel clinic at least 30 days prior to your trip.
- Check US Department of State website (<http://travel.state.gov/>) for passport requirements. Many countries require that your passport is valid for a minimum amount of time past your expedition's conclusion. Ecuador requires as much as nine months.
- American citizens can obtain a visa upon arrival in Ecuador. Non-US citizens need to contact the Ecuadorian Embassy for requirements.
- Confirm that ETCE knows your gear rental needs.
- Train, Train, Train!