

## Preparing for your trek: India

The following information tells you what you will need to do to prepare for your trek.

### Checklist

#### To send to CAT office – please send to us with your balance or earlier

- Medical form
- Insurance declaration form
- Equipment hire form
- 1 x passport photo
- Photocopy of details page of your passport
- Photocopy of Indian visa page of your passport

#### To do

- Now - Make a note in your diary of the payment schedule shown on your invoice
- Now - Check that the name on your invoice EXACTLY matches the first and surname on your passport and notify the CAT office immediately if there are any discrepancies.
- Set aside time to improve your mountain fitness
- Vaccinations – travel clinic. 2-3 months before departure
- Obtain medical items on kit list – may need doctor's prescription for diamox and antibiotics.
- Dental check-up. 1-2 months before departure
- Insurance
- Visa application
- Passport photos - will need 2 passport photos for your visa, 1 for CAT and take 2 with you
- Equipment list – decide which items you may need to buy

### Page Contents

2-3	Health Issues
3-5	Paperwork- insurance, passport, photos, visa, money
5-6	Further information: arrival, trekking day, food, accommodation, washing facilities, mobile phones, electricity, weather, further reading
7	Himalayan Tourist Code
8-9	Equipment List
11	Medical Form
13	Trekking Insurance Information Form



Information updated 29.7.09 (AF)



## Health issues

- **Fitness - train for your trip** – you will enjoy the trek much more if you are fit. For most of our trekking trips you will need to be comfortable trekking for on average 6 hours a day in mountainous terrain. By far the best way to train for Himalayan trekking is to get out on the British hills and spend time climbing, for example, to the heights of the Lake District peaks, ie around 800 – 1000m. If you are capable of putting together a few days of that calibre back-to-back, you should be capable of most of our treks. For those not able to regularly get to the British hills, then regular cardiovascular exercise, for example on the stepper in the gym is a good alternative, but you should still try to get some time in mountain terrain as gyms cannot simulate the rough ground found in a mountain environment.
- **Medical form** – please complete and sign the enclosed form. You will need a doctor to sign the form to declare your suitability for the trek if you are over 65 or have a pre-existing medical condition.
- **Vaccinations** – travel vaccinations are advised for the countries we trek to. You should plan to see your GP's travel clinic several months ahead of your trip, as some vaccinations require a course of injections over a couple of months. For advice on which vaccinations will be advisable for you, please speak to your travel clinic as, unlike us, they have access to your medical history. The website [www.fitfortravel.scot.nhs.uk](http://www.fitfortravel.scot.nhs.uk) is also very useful.  
**Malaria:** Please note that for travellers to India, anti-malarial prophylactic drugs are usually recommended.  
**Rabies** does exist in India– avoid dogs and monkeys! The decision about the expensive course of course of rabies injections is a matter of personal choice.
- **Dental checkup** – altitude and flying are notorious for highlighting dental problems, and there is nothing worse than being on trek with toothache. A check-up timed sufficiently in advance of the departure date to allow for any work that is required to be done on your teeth can save you a lot of pain on trek.
- **Staying healthy in India** – Sadly, India is not the cleanest country, so be scrupulous about your own personal hygiene. **Wash your hands before you eat anything**, and also use antibacterial hand gel in addition to soap and water. Remember that money is one of the dirtiest things you will touch. **Do NOT drink tapwater, or even brush your teeth in it**, even if you see the locals doing it. Bottled water is safe in the towns, though be sure the seal hasn't been broken. On trek we will provide you with water that has been boiled (better than buying plastic bottled water as recycling facilities haven't reached India yet)! It is a good idea to keep your toothbrush by your safe water, not by the sink. **Be careful what you eat** – the food and drinks our cooks prepare for you will be safe, but when eating elsewhere avoid uncooked food, or things that might not have been washed in safe water, ie, avoid ice cream, ice cubes, salads and fruit if you're not sure how it was washed etc. Hot drinks are safe, as the water has been boiled. If in doubt, ask for advice.
- **Medicines** – see the kit list later in this document. A basic first aid kit is carried on all our treks, and your sirdar/trek leader will be trained in first aid, but you should make sure that YOU carry any medication that you rely on. It is very important that you tell your sirdar / trek leader of any medication that you take, and also of any medical conditions, even if you have already told us about them on your medical form.
- **Stomach upsets** can happen, sometimes just as a result of a change of diet, but sometimes from a more persistent cause. In the event of you having an upset stomach, we recommend that you do NOT block up your system with immodium-type medicines, but that you limit your food intake, keep to a low-fat diet. Flattened coke seems to help, as do rehydration salts (eg Dioralyte or Jeevan Jal). If it looks like the problem is severe, antibiotics almost always offer an extremely effectively and rapid solution.
- **Trekking at altitude** – Our itineraries are planned to give time for acclimatisation, but it is important to think of trekking at altitude as a multi-day event. Think “marathon” rather than “sprint”. If you can't talk while you are walking, you are walking too fast. Keeping to this as a guide, and learning to listen to what your body is telling you will help you with acclimatisation. Above 3000m, almost all westerners will find it harder to breathe, and walking uphill needs to be done at a slower pace than at sea level. Headaches, nausea, breathlessness, dizziness, loss of appetite and difficulty sleeping are

not unusual, but you should report any of these symptoms to your sirdar / guide so that they can help prevent them turning into anything serious. If ignored, these symptoms can worsen, and can lead to potentially fatal pulmonary or cerebral oedema. Descent cures altitude sickness. Diamox is a prescription drug available through your GP. It won't mask the symptoms of an oedema, but can be used to help treat altitude related problems. In cases where the onset of an oedema is suspected, diamox must never be used instead of descent.

## Paperwork

**Insurance:** It is a condition of booking that you have adequate insurance for your trip. Your insurance must cover you for the entire period of travel, and for the activities\* and the altitude you are going to, and also for helicopter rescue and repatriation. You should also notify the insurance company of all pre-existing medical conditions. Please note that many insurance companies do not cover these requirements. There are a few insurance companies that specialise in insurance policies suitable for trekking expeditions. If your current travel insurance company cannot provide you with a suitable policy, please contact us for further information. We recommend that you also have insurance for cancellation and personal baggage. Once you have arranged your insurance, please complete the enclosed insurance declaration form, and return it to us.

As a result of changes to travel insurance rules from 1 January 2009 we can no longer arrange your insurance for you. However, we would be happy to refer you to Campbell Irvine, an insurance company we have worked with in the past, but the relationship is then between yourself and the insurance company. To purchase the same insurance that you would have previously been able to buy from ourselves, please contact Campbell Irvine direct by one of the following methods, **and please mention that you are trekking with Community Action Treks:**

Online: [www.catreks.com/info/Insurance.pdf](http://www.catreks.com/info/Insurance.pdf)

By telephone: 020 7938 1734

By email: [info@campbellirvine.com](mailto:info@campbellirvine.com)

### Passport

Check that your passport will have at least 6 months of validity at the time of travelling and a machine-readable passport. Send a copy of the details page of your passport to the CAT office. You are advised to travel with a copy of this page in case you lose your passport.

**Photos:** Send 1 passport photos to the CAT office, and take 2 copies of passport photos with you (which may or may not be necessary). You will also need 2 photos for your visa application.

**Visa:** It is your responsibility to ensure that you have visas in time for your trip. If you are extending your trip to Tibet or Bhutan, visas for these countries will be arranged by our agents on your behalf.

Embassies regularly change their requirements for visas, so you are strongly recommended to check the visa page of your country's Indian embassy website: <http://www.hcilondon.in/index.php> (for holders of UK passports).

At the time of writing this document, the India Visa Application Centre is the office which is officially authorised by the High Commission of India, London to handle visa applications, telephone: 0905 7570045, website: <http://in.vfsglobal.co.uk/>

**Please note that you will require an Indian transit visa if you are flying to another destination via India. This applies even if you are not leaving the airport.** Please also note that the responsibility for ensuring you have the necessary visas, travel permits etc, for your chosen route of travel to the joining point, lies entirely with you. We are always happy to give advice on these requirements if you contact us.

Details of how to complete the visa application form will be sent to you with the acknowledgement of your booking.

### Money

- **Currency:** Indian rupees cannot be obtained outside India. However, sterling (but not Scottish notes) and US dollars cash can easily be changed in the cities. You will usually get a better exchange rate for cash than for travellers cheques. There are some cashpoint machines in the bigger cities, but you should not rely on them to obtain currency. However, we do ask that you take a credit card with you, see the note below on **Leaving a trek early**.

It is a good idea to always try to pay with a big note in the cities, and to keep the change for your time on trek. Whilst city shop owners may say they have no change, they can always get some, and there are banks nearby. On trek, the nearest bank could be a week's walk away! It also makes giving tips to the trek crew a lot less embarrassing if you can give them exactly what you want to give them rather than asking 2 or 3 members of your crew to split a note between them! Don't accept or give torn or extremely dirty notes. The current exchange rate for UK Pound:Indian Rupees is around 1:73.

- **Credit & debit cards:** Although a few of the bigger shops now accept payment by card, you should not rely on being able to use them. In the mountains, only Indian rupees cash is accepted.
- **Bartering:** Bartering is the expected practise for tourist items. Try to negotiate a fair price – if you don't the prices will be made artificially higher in the future, and it creates an even greater imbalance in the economy of the country. India is one of the poorest countries on earth, but those Indians who have contact with westerners are significantly more wealthy than those who have no contact with tourists. Please note that the price is fixed in some shops, all supermarkets and tea house food/accommodation.
- **Spending money:** Most people find that £250 is sufficient for their personal trek expenses and including porter/trekking crew tips. Please see your itinerary for a list of what is and is not included in the package price. There is very little to spend money on once on trek, although soft drinks, snacks and craft items can be bought at villages on trek. The prices become more expensive the higher you go as the cost of portering from the road increases with altitude.
- **Tippling:** Many people from the UK feel awkward about tipping. In India tipping is a way of life and our local staff have been trained to see it as a reward for good service, but not to expect it. We find that most trekkers want to tip the staff, as a genuine "thank you" for all their hard work and unfailing good humour and smiles along the way.

It is difficult to give advice about tipping without it appearing to be a directive, but many of our clients ask for advice so we hope the following at least gives you some guidelines:

Up to 8 days on trek: up to £50 per trekker to split amongst the whole crew

8-15 days on trek: up to £70 per trekker to split amongst the whole crew

15 days +: up to £90 per trekker to split amongst the whole crew

The crew would normally receive tips on the following basis per day:

Porter: £1-£1.50      Sherpa guide or kitchen helper: £2.00      Cook or Sirdar: £2.50-£3.00

It is best to ensure you have sufficient rupees with you before you start the trek – changing money on trek is almost impossible. We suggest groups make a collection among themselves and present the tips to the staff directly – not through the Sirdar. Remember though that tipping is up to you and should only be given if you are happy with the service you have received.

- **Departure Taxes:** Some airlines charge locally for departure taxes from India. If this applies to you, departure taxes from Delhi are currently 500 rupees, payable locally at the airport in Indian rupees only.
- **Leaving a trek early:** If you leave a trek early you are responsible for the costs incurred by yourself and the trek participants and/or staff who accompany you. This applies whether you choose to leave early, or if you are forced to leave early due to medical reasons. The costs of this can be several thousand pounds, especially if helicopters are required which is why we insist that you take out insurance to cover you for medical emergencies. We ask that all participants ensure they have a credit card with them with credit to cover this. In some cases, credit card banking fees may be incurred.
- **Gifts to beggars and children:** We would ask that you do NOT give small gifts to beggars and children. It only encourages begging, and an apparently innocent "give me pen" soon turns into "gimme dollar". Sweets rot teeth, and dental facilities and the national health service isn't like ours! If you would like to give something to the people of Nepal, we have a dedicated sister organisation, Community Action Nepal, which is a registered charity which operates to improve the medical and educational facilities of areas that really need it. If you would like to give to this, please contact [info@canepal.com](mailto:info@canepal.com). If you are a tax payer, your donation can also be gift-aided at no extra cost to yourself.

**Extensions:** If you wish to have extra nights in India or Nepal before or after their trek, discuss your options with us asap. The cost of your flights may alter if you change your plans, so early decisions about this are advisable. Changes cannot be made once your air ticket has been issued (normally 8 weeks prior to departure). Please see our extensions itineraries for ideas.

## Further information

**Arrival in Delhi:** You will be met at Delhi airport by our staff there, and taken to the group hotel. If you are making your own flight arrangements, please let us have details of ALL your flights so we know when to meet you! This journey takes about 45 - 60 minutes. Politely decline all offers of help to carry luggage, take you to hotels etc from anyone who is not CAT staff. The best way to avoid hassle is with a simple “no thank you” and walking on and not making eye contact or showing any interest. Wearing sunglasses can also help.

**A typical trekking day:** Life on trek is quickly adopts a very simple pattern. You will be woken around 6am by the sherpas bringing bed tea to your tent. They then bring a bowl of warm washing water for you. This is the time to get up and pack your kit bag so that your tent can be taken down and the porters or pack animals leave with your tent and kit bag while you are having breakfast. After breakfast we start trekking, taking time for rests, drinks and toilet stops along the way. We stop for a long lunch, which is usually a hot lunch which is cooked for us. If you don't like stopping for a long time mid-walk, try to keep moving and stretching as it is not uncommon for the lunch to take 1½ hours. Then we set off again for the afternoon walk to our campsite. The tents may already be there, but if not you will need to have with you a spare warm layer to keep warm while you are waiting for them to arrive. Time to rest, wash and change into clothes for the evening, and to prepare your tent for night before eating dinner with your fellow trekkers in the mess tent or tea house. An early night is necessary as the crew will be keen to sleep where you are sitting for your dinner, and everyone will get up early for another day of trekking.

**Food:** Please refer to the trip itinerary for details of which meals are included in your package price. Generally all meals and hot drinks on trek are included. On trek you will be served a high-carbohydrate, largely vegetarian diet consisting of a mixture of Western and local food.

**Accommodation:** We use several hotels in Delhi, with twin rooms as standard. You will be notified of your hotel on receipt of your final balance. Whilst on trek you will be in a 2-person tent. Sole use of a tent or of a single hotel room is usually possible – please see contact the office for the single tent / room supplement prices. If you do not choose a single tent or single room, you will be allocated a tent / room mate of the same gender. If you have a preference for who you would like to share with, please notify the CAT office as soon as possible.

**Washing / Toilet facilities:** On trek you will be provided with a bowl of warm washing water every day. You can use this for washing yourself and your socks etc! Toilets on trek are usually squat-style. Toilet tents will be used when we are camping – a hole in the ground within a tent for privacy. In some places we may decide to use the local facilities if they are clean enough. If you get caught short whilst trekking, please ask – we may be able to find you a local toilet to use. If not, please bury your offering and put your toilet paper in a plastic bag to tip into the next camp toilet. There is nothing worse than seeing the litter of “western prayer flags” along the way. Keep toilet paper with you at all times in India!

**Itinerary changes:** These may happen, though we will try to keep changes to a minimum. There are some things that are outside of CAT's control (eg, civil war, airline changes, the weather, strikes etc). We will always endeavour to work around any disruption to provide you with the best possible alternative. We ask you to travel with an open mind, and an awareness that disruption happens more frequently in Himalayan countries than at home.

**Mobile Phones and Internet:** Mobile coverage is starting to appear in some trekking areas, especially on the Singalila Ridge trek. Check with your mobile phone company to see if your phone will work in India. Internet cafes are available in Delhi, and there may be one or two internet possibilities on certain trekking routes, though these are satellite-phone run so expensive, and also should not be relied upon.

### **Electricity (voltage, adaptors etc)**

Electricity is now being introduced into the main trekking areas. It is often possible to charge camera batteries etc for a small fee in the larger tea houses. A continental 2-pin adaptor will suffice. Be aware that the voltages are not very stable, and more delicate electrical devices may fail if subjected to voltage fluctuations (iPods seem particularly vulnerable).

**Weather:** Sikkim and Ladakh experience different weather patterns. In all cases, temperatures vary wildly depending on the altitude and whether you are in the sun or the shade.

Sikkim has 2 main trekking seasons: pre-monsoon (March/April/May) and post-monsoon (October / November).

- **Pre-monsoon (March/April/May):** This is a beautiful time of year to trek, when many flowers are in bloom, and the temperatures are warm. It is often 15-25°C in these months during the daytime, though it can drop to -10 °C at night at the higher camps. As you trek above 3000m the temperatures will drop. Typical weather (though it is getting harder to generalise in the current state of global climate change) would see clear blue skies in the morning, with clouds rolling in from late morning obscuring the views, usually clearing again in the evening. The temperature drops sharply when the sun disappears from your part of the valley. The cloud build-up becomes more significant in the run-up to the monsoon, so the later in the spring you trek, the greater the chance of more cloud and perhaps some rain.
- **Post-monsoon (October/November):** This is the most popular time of year to trek. Although it is colder than the spring, the visibility is usually better after the monsoon has cleared the air. It can be 15-25°C in these months during the daytime, though it can drop to -15 °C at night at the higher camps. As you trek above 3000m the temperatures will be much cooler in the day time, especially if you are out of the sun. Typically clouds build-up later in the day than in the spring, and usually clear skies again in the evening. The temperature drops sharply when the sun disappears from your part of the valley. The weather becomes colder the later in the autumn you trek.
- **Winter:** Trekking during the winter months is also possible, but temperatures drop considerably then.

Ladakh has its main trekking in season July and August as it is not affected by the monsoon in the same way as the other Himalayan regions are. Humidity is always low, and the annual rainfall is low, though it can rain in July and August. In winter temperatures remain below 0°C for much of the time and the wind can be very strong.

**Further reading:**

We recommend doing some reading about India before your trek. The following titles may be of interest:

Trailblazer: Trekking in Ladakh, Charlie Loram, ISBN 978-1-873756-75-1

Lonely Planet: India, ISBN: 9781741043082

Lonely Planet: North East India Travel Guide, ISBN: 9781741790955

Maps of India are available from Stanfords, Long Acre, London Tel: 020 7836 1321

## The Himalayan Tourist Code

By following these simple guidelines, *you* can help preserve the unique environment and ancient cultures of the Himalaya

### PROTECT THE NATURAL ENVIRONMENT

- **Limit deforestation – make no open fires** and discourage others from doing so on your behalf. Where water is heated by scarce firewood, use as little as possible. When possible choose accommodation which uses kerosene or fuel-efficient wood stoves.
- **Remove litter, burn or bury paper** and carry out all non-degradable litter. Graffiti are permanent examples of environmental pollution
- **Keep local water clean and avoid using pollutants** such as detergents in streams or springs. If no toilet facilities are available, make sure you are at least 30 metres away from water sources, and bury or cover wastes.
- **Plants should be left to flourish in their natural environment** – taking cuttings, seeds and roots is illegal in many parts of the Himalaya.
- **Help your guides and porters to follow conservation measures.**

### THE HIMALAYA MAY CHANGE YOU – PLEASE DO NOT CHANGE THEM

As a guest, respect local traditions, protect local cultures, maintain local pride.

- **When taking photographs, respect privacy** ask permission, use restraint.
- **Respect holy places** – preserve what you have come to see, never touch or remove religious objects. Shoes should be removed when visiting temples.
- **Giving to children encourages begging** – a donation to a project, health centre or school is a more constructive way to help.
- **You will be accepted and welcomed if you follow local customs** – use only your right hand for eating and greeting. Do not share cutlery or cups, etc. It is polite to use both hands when giving or receiving gifts.
- **Respect for local etiquette earns you respect** – loose, lightweight clothes are preferable to revealing shorts, skimpy and tight fitting *action wear*. Hand holding or kissing in public is disliked by local people.
- **Observe standard food and bed charges** but do not condone over-charging. Remember when you are shopping that the bargains you buy may only be possible because of low income to others.
- **Visitors who value local traditions encourage local pride and maintain cultures**, please help local people gain a *realistic* view of life in Western countries.

**BE PATIENT, FRIENDLY AND SENSITIVE. REMEMBER – YOU ARE A GUEST**

## Equipment List

Ensure you have the appropriate equipment, and use it before your trek. It is essential that you ensure you are comfortable walking all day in your boots in a mountain environment well in advance of departure.

**This is a list of suggested equipment you should take with you on trek. Your kitbag will be carried by the porters or pack animals and should not weigh more than 15kg. Any excess baggage charges are the responsibility of the client. You will carry your own daysac containing the items you will need access to during the time spent walking each day. Any luggage not needed on trek can be left at the hotel in Delhi, and laundry can be left with the hotel for you to collect on your return.**

**General note about clothing:** At all times of year you should work on the layer principle so you can easily take off or put on layers as temperatures dictate. Several thin layers are better than one thick layer. Clothing in layers traps air and keeps you warmer.

**\* Items marked \* are subject to personal tendency to feel the cold, the time of year you are going, and if you are going to more than 4000m.**

**# Items marked (#) are optional**

- Passport with visa inside
- Airline tickets
- 2 Passport photos – take 2 copies of passport photos with you (which may or may not be necessary for permits etc)
- Good ankle high walking/hiking boots, waterproof with a good sole, well broken in
- Gaiters (#)
- Pair of trainers preferably with a gripping sole to change into at the end of the day.
- Sandals (with space for thick socks underneath and a good tread). (#)
- Waterproof breathable hooded jacket
- Waterproof trousers.
- Down jacket (#\*) – recommended for trips above 4,000m, especially from October - February
- Short and long sleeved shirts/t-shirts Take thermal or coolmax t-shirts instead of cotton as they dry quicker. Merino wool is also excellent, and doesn't smell even after several days of trekking. Take 2-3 of both short and long-sleeved. Include at least 1 long-sleeved polo or zipped neck.
- Thermal long Johns and vest \*
- Fleece jacket – ideally windproof.
- 2 pairs of loose fitting walking trousers - not jeans, as once wet are hard to dry
- Shorts – (#) knee length for women (please note that local women never show their legs, and only men doing menial chores or from a low caste wear shorts. To be culturally sensitive we would recommend that women especially restrict wearing shorts to the time spent in the hotel gardens).
- Loose fitting long skirt / wrap around skirt or sarong for women #
- Sun hat with broad brim and woollen/fleece hat/balaclava
- 2 pairs gloves and warm insulated mittens
- 3 pairs thick walking socks
- Underwear
- Swimming costume (for the hotel) (#)
- Casual clothes for travelling (#)
- Kitbag approx 80 litres. (Rucksacs are more difficult for porters to carry in their baskets).
- Small bag which can be left in the hotel during the trek for travel clothing (#)
- Money pouch or belt for valuables
- 4 or 5\* season sleeping bag and liner (5 season for higher trips or colder times of the year). During part of the trek where nights are spent at low altitude, this may even be too warm. However, for the other nights, which are spent at higher altitude, you will need it.
- Large strong polythene/plastic bag to keep sleeping bag and spare clothes dry in unseasonably heavy rain (as kit bags and rucksacs are NOT waterproof). Thick dustbin liners may suffice. The roll-top bags sold in outdoor shops are an excellent way of keeping your kit organised and dry.
- Sleeping mat (#) - Foam sleeping mats are provided. For extra comfort you may wish to bring your own blow up 'thermarest' type mat or the much cheaper close cell mat (karrimat).
- Head torch with spare batteries
- Zip up plastic bags for camera lenses, toilet paper, wet socks, dirty clothing etc
- Elasticated washing line or piece of string and clothes pegs – to dry your smalls! (#)
- Travel adapter plug (2 pin European style) (#)
- Small quick-drying towel - available from outdoor/camping shops
- Flannel (helps for washing from a bowl) kept in plastic bag.
- Personal toiletries
- Spare toilet paper
- Ear plugs (in case of snorers) (#)
- Small padlocks for your kitbags and for any kit you leave at hotel

(continued on following page...)

### **Daysac contents– the things you will carry each day on trek**

- Comfortable daysac for walking (25/30 litres)
- Strong water bottles – 2 x 1 litres as you need to drink much more at altitude. The best bottles to use are the wide-mouthed Nalgene plastic bottles as they are completely waterproof and are much easier for the sherpas to fill with boiling water than narrow-necked metal bottles. They don't freeze as easily as metal bottles, and if they do freeze it is usually still possible to drink water as the ice doesn't block the whole of the neck when you drink. Fill them up with boiled water at dinner time, take them to bed as a hot water bottle or dry your socks on them overnight, and by morning you have water cooled ready to drink on trek. Water bladders are also ok, but don't use them as hot water bottles.
- Suntan lotion (Factor 15+ ) and lip salve (with sunscreen)
- 2 x collapsible walking poles, essential if you are prone to knee problems (#)
- Snacks (dried fruit is particularly good at altitude). (#)
- Swiss Army knife (but put this in your kitbag for all internal flights) (#)
- Camera with memory cards and batteries kept in sealable bag to keep out dust (#)
- Roll of toilet paper
- Antibacterial handwash
- Sun glasses
- Insurance documents
- Spending money – see above section on money
- Credit card for emergency rescue payments
- Small personal first aid kit to include:
  - Plasters
  - Blister pack
  - Antiseptic wipes and cream
  - Painkillers: paracetamol, aspirin or ibuprofen
  - Tubigrip or compression bandage
  - Iodine or water purification tablets for emergency use only (We provide safe drinking water on trek). (Vitamin C soluble tablets can be used to remove unpleasant taste from treated water but you need to wait for the purification to take effect first).
  - 'Dioralyte' or similar rehydration powder sachets
  - Cold remedy & throat lozenges
  - 2 courses of broad spectrum antibiotics of which one should be Ciprofloxacin (available on prescription from your GP, but to be taken only if required and in consultation with your Sirdar or trek leader).
  - Diamox (for altitude problems – available on prescription from your GP, but to be taken only if required and in consultation with your Sirdar or trek leader)
  - Repair kit (sewing kit, duck tape, spare laces) (#)

If you are not a regular hiker you may find you do not have many of the items above. Rather than going out and purchasing a lot of gear you may not use again, why not try and borrow some of the items from your hiking friends?

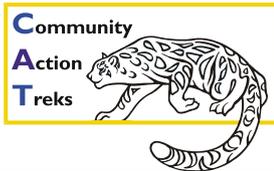
The most difficult to reliably acquire in any country we trek in is suitable trekking or climbing boots for Western-sized feet. It is always worth considering wearing your boots on your outbound flights – arriving without them could have serious implications on your trip.

**Suppliers:** There are many excellent outdoor retailers. The following companies are just some that offer good advice, a good range and a mail order facility.

**Cotswold Discount:** Cotswold is a UK-wide chain of outdoor equipment shops, and also an on-line shop. They have generously offered a **15% discount** to Community Action Treks clients – details will be sent to you with the confirmation of your booking.

Cotswold	tel. 0844 557 7755	<a href="http://www.cotswoldoutdoor.com">www.cotswoldoutdoor.com</a>
Field & Trek	tel. 0844 800 1001	<a href="http://www.fieldandtrek.com">www.fieldandtrek.com</a>
Field & Trek	tel. 0844 800 1001	<a href="http://www.fieldandtrek.com">www.fieldandtrek.com</a>
Needlesports	tel. 017687 72227	<a href="http://www.needlesports.com/index.php">http://www.needlesports.com/index.php</a>





# COMMUNITY ACTION TREKS LTD

Stewart Hill Cottage, Near Hesket Newmarket, Wigton, Cumbria, CA7 8HX

Tel: 01768 484842

Email: info@catreks.com Web: www.catreks.com



## Medical Form

Community Action Treks Ltd operate in often extreme and inhospitable terrain and most of our treks demand a fairly high degree of physical fitness and health. Please fill in this form carefully, detailing your medical history. We will treat all information in the strictest confidence and send it to the trek leader and /or doctor / medic who are responsible for your safety and welfare during your trek with us. Once your trek is complete and you have returned to your destination and safety and there is no further need for the information on this form, it will then be destroyed.

If you have a history of any of the following medical conditions, please give details such as frequency, severity and aggravating factors where necessary. If you have had an operation within the last year, whether minor or not we need to know the details of the operation and the outcomes and possible long term problems, particularly ones that may occur or be accentuated if strenuous and physically demanding exercise is taken.

It is the responsibility of each trekker to ensure that he/she is adequately insured for the trek, including activities undertaken, and the altitude. Helicopter rescue and repatriation must be a part of the insurance policy. Pre-existing medical conditions must be declared to the insurance company.

<b>Title and Full Name as it is shown on your passport (please print in CAPITALS)</b>			
<b>Trek:</b>			
<b>Date of Trek:</b>		<b>Height:</b>	
<b>Date of Birth:</b>		<b>Weight:</b>	
<b>Condition</b>	<b>Yes/No</b>	<b>Details (if insufficient room for details, please write on reverse of this sheet)</b>	
High blood pressure			
Heart/circulatory disorders			
Chest/lung disease			
Asthma/hay fever			
Epilepsy/diabetes			
Digestive/bowel disorders			
Joint/ back injuries			
Knee/ hip/ ankle			
Surgical operations			
Mental/emotional problems			
Pregnancy (at the time of the trek)			
Allergies			
Any current medical conditions			
Dietary requirements			

**I understand that I will be undertaking a challenge which requires a good level of fitness and I believe that I am fit enough to complete the challenge and take responsibility for myself under these conditions.**

I declare that the above information is a true and fair representation of my current state of health. Should my circumstances change, I will inform Community Action Treks at the earliest opportunity

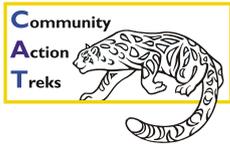
**Signature .....** **Date .....**

**If you are over 65 or have a pre-existing medical condition, please ask your doctor to sign below to confirm that you are fit enough to undertake the challenge:**

We recommend an ECG for participants over the age of 65 at your doctor's discretion

**Signature of Doctor .....** **Date .....**





# COMMUNITY ACTION TREKS LTD

Stewart Hill Cottage, Near Hesket Newmarket, Wigton, Cumbria, CA7 8HX

Tel: 01768 484842

Email: info@catreks.com Web: www.catreks.com



## Trekking Insurance Information

It is a condition of booking that you have adequate insurance for your trip.

Your insurance must cover you for

- the entire period of travel
- the activities\* and the altitude you are going to
- for helicopter rescue and repatriation.
- You should also notify the insurance company of all pre-existing medical conditions.

Please note that many insurance companies do not cover these requirements. There are a few insurance companies that specialise in insurance policies suitable for trekking expeditions. If your current travel insurance company cannot provide you with a suitable policy, please contact us for further information. We recommend that you also have insurance for cancellation and personal baggage. Once you have arranged your insurance, please complete this insurance declaration form, and return it to us as soon as possible.

\*Trekking Peak Insurance: If you have booked onto one of our Trekking Peak trips (Yala Peak, Island Peak, Mera Peak, Teng Kongma Peak or Pokalde Peak) please ensure you are covered to the height you hope to achieve and that they are aware that you will be using ropes, crampons and other climbing equipment.

Name:	
Trip Title:	
Trip code or group name:	
Land-only dates:	
Insurance company:	
Insurance policy number:	
Insurance company general telephone number:	
Insurance company emergency international assistance telephone number:	
I understand that responsibility for the payment of all bills incurred for rescue and repatriation lies ultimately with myself, the client in the event of the insurance company not paying for them. I am responsible for ensuring that these payments can be met as outlined in the Booking Conditions.	
Signature:	
Date:	