

IMG Application Package

CARLETON KILIMANJARO CLIMB AND SAFARI

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We take your application to join an IMG trip seriously. Our application process will require some extra time and paperwork from you, but this helps us do a better job screening our participants and insuring that our IMG team members get on a program that fits their experience and expectations. Please do not hesitate to contact us if you have questions regarding our application procedures.

APPLICATION PROCEDURES

Initial steps:

- Each traveler should carefully read, execute and submit the following **IMG forms 1, 2, 3, 4** and supporting materials in order to apply for and reserve your position on the Carleton Kili Climb and Safari program:
 - IMG Form 1:** General Terms and Conditions.
 - IMG Form 2:** Participant Information.
 - IMG Form 3:** Participant Medical Information.
 - IMG Form 4:** Acknowledgement of Risk and Contract, Waiver, Release and Indemnification.
 - IMG Form 5:** Physician's Certificate. Consult with your doctor immediately and together read and execute. Submit this form to IMG at least 30 days prior to the program.
- **If you are ***UNDER THE AGE OF 18***, you must be accompanied on the climb by a parent or legal guardian and both you and your parent or legal guardian must sign ALL FORMS. If you are MARRIED, your spouse's signature is ***REQUIRED*** on IMG Form 4.**
- Please include a good quality photocopy of the first two pages of your passport showing the full legal name, any endorsements, date of birth, passport number and citizenship under which you will be traveling. **Please make sure that your passport is valid for at least 6 months AFTER the trip.**
- Include a check for your application fees (\$1000 per person) payable to *International Mountain Guides* or your credit card information (Visa or Mastercard accepted). *Please note that credit cards are not accepted for the balance due.*
- Mail or ship the above materials to:
 - Amy Goerwitz**
 - Carleton College Alumni Affairs Office—Kilimanjaro Trip**
 - One North College Street**
 - Northfield, MN 55057**
 - 507-646-5645 507-646-4445 fax**
- We encourage you to send application materials by fax (credit card deposits only), FedEx, United Parcel Service or U.S. Postal Service Express Mail.

Next steps:

- **IMG will notify you via e mail** upon our receipt (from Carleton Alumni Affairs) and review of your completed application materials, and IMG will provide you written confirmation of your formal acceptance for the program and a statement of your balance. Your position is not confirmed until all properly executed forms have been received and reviewed in the IMG office in Ashford, WA.

- **Balance of fees are due May 3, 2008.** IMG will send an invoice for final payment, and this payment (and any outstanding forms) should be sent to the IMG Office in Ashford, WA:
International Mountain Guides
P.O. Box 246
31111 SR 706
Ashford, WA 98304
360-569-2609
- IMG will send you additional program materials, instructions and updates via email as needed.

PERSONAL INSURANCE and TRAVEL ARRANGEMENTS

- Carleton College and International Mountain Guides highly recommend purchasing travel and trip cancellation insurance. Carleton College suggests AIG Travel Guard. You can sign up online through a link on the Alumni Adventures website (go.carleton.edu/4) or by calling 800-826-1300. Travel Guard's Protect Assist policy will cover your hike up Mt. Kilimanjaro and includes emergency medical evacuation.

IMG offers several plan choices in conjunction with TravelEx Insurance (www.travelex-insurance.com). You can sign up online or you can call direct to the Customer Service desk at 800.228.9792. Please note that IMG's location number is **# 47-0050**. You may want to purchase a rescue policy to help cover rescue or evacuation costs if necessary. One option is www.ihl.com . Be aware that some travel policies do not cover climbing or high altitude activities. The American Alpine Club has high altitude rescue insurance available for AAC members. For more info: www.americanalpineclub.org .
- We recommend you contact CTT Destinations for assistance with your travel planning. We have worked with Ms. Pirjo DeHart and her CTT staff for years; they are familiar with our exact itineraries and programs and handle airline bookings for most of our participants. You can reach CTT at: (800) 909-6647 or by e-mail at: img@CTTDestinations.com . **Please make sure that your travel documents (plane tickets) are in the same name as your passport.**

RESPONSIBILITIES OF PARTICIPANTS

- We expect participants to be in good health and possess the physical fitness level required for their particular program. We also expect participants to know and have reviewed the climbing techniques necessary to safely participate on their program, and to bring proper personal clothing and equipment.
- Participants need to read and understand the materials they have received regarding the program and its objectives, itinerary, travel plans. Participants should contact IMG whenever questions arise.
- Everyone is expected to work together as a team, to be considerate of every team member and to be respectful of each country's customs, values and traditions.

WASHINGTON STATE “SELLERS OF TRAVEL” DISCLOSURE REQUIREMENTS

The Washington State Legislature has passed a law (19.138 RCW) pertaining to “Sellers of Travel”. International Mountain Guides, LLC. holds a “Seller of Travel” License from the State of Washington. A requirement of this license is that all payments for travel services be held in a regulated trust account. By statute, a Seller of Travel is required to provide the following information to trip participants:

1) Name of Business registered: International Mountain Guides, LLC. UBI Number: 602 451 811

2) Fees required for programs: These are listed on the IMG website: www.mountainguides.com

3) Names of vendors with whom the Seller of Travel is contracting to provide travel arrangements: Please contact us directly for this information.

4) Statement of Cancellation Policy (from IMG Form 1: General Terms and Conditions): Participant acknowledges that the Expedition plans are subject to change based on a number of factors, including but not limited to foreign governments, weather, terrain, currency fluctuations, changes in costs, and many other factors, and that IMG has complete discretion to effect any change of plans to accommodate any of these or other factors, including but not limited to increases in Expedition fees, changes to the Expedition schedule or itinerary, and changes to any means of conveyance, when deemed necessary or advisable, without notice and without allowance of refund and with the liability for any increased Expedition fees, if any, to be born by Participant. Participant acknowledges that IMG reserves the right to cancel the Expedition at any time prior to departure. Upon refund to Participant of all Expedition fee payments from Participant, IMG shall be released from any further liability to Participant, including but not limited to liability for additional costs Participant may have incurred, pre-departure expenses, non-refundable advance purchase air tickets, visa fees, equipment purchases and medical expenses.

5) Statement required by provisions of Seller of Travel license:

“If transportation or other services are canceled by the seller of travel, all sums paid to the seller of travel for services not performed in accordance with the contract between the seller of travel and the purchaser will be refunded within thirty days of receiving the funds from the vendor with whom the services were arranged, or if the funds were not sent to the vendor, the funds shall be returned within fourteen days after cancellation by the seller of travel to the purchaser unless the purchaser requests the seller of travel to apply the money to another travel product and / or date.”

IMG FORM 1: GENERAL TERMS AND CONDITIONS (Page 1 of 2)

International Mountain Guides, LLC. (“IMG”) reserves the right to deny participation to any individual. Upon acceptance of your Application Package and confirmation by IMG, applicants are deemed Participants of the program subject to all of the following terms and conditions:

IMG DISCRETION

- IMG requires Participants to be prepared physically, technically and psychologically for all programs and IMG reserves the right to dismiss a Participant from a program at any time based on any factors that IMG discovers.
- Participants must supply IMG true, complete and accurate information on the Participant Information form (including the information concerning training and prior mountaineering experience), Participant Medical Information form, Physician’s Certificate, and in any other written or oral communications.
- IMG reserves the right to dismiss any Participant or send any Participant down to lower altitude at any time if, in the sole judgment of IMG, it is in the best interest of that Participant or any other person.
- IMG reserves the right to change, alter or cancel the itinerary as, in IMG’S sole discretion, IMG finds necessary for the proper and safe conduct of the program.
- Participants acknowledge that IMG program plans are necessarily subject to change based on a number of factors, including but not limited to foreign governments, weather, terrain, currency fluctuations, changes in costs, and many other factors, and that IMG has complete discretion to effect any change of plans to accommodate any of these or other factors, including but not limited to increases in program fees, changes to the program schedule or itinerary, change of guides or staff, and changes to any means of conveyance, when deemed necessary or advisable, without notice and without allowance of refund and with the liability for any increased program fees, if any, to be born by each participant.

PROGRAM FEES AND PAYMENTS

- Trip application fee is \$1000 per person.
- The balance of program fees will be due on May 3, 2008, payable to International Mountain Guides.
- Payments made by wire transfer to IMG require inclusion of wire fees charged by your bank.
- It is the participant’s responsibility to adhere to the fee payment schedule. Participants may not receive additional notice of payment due dates from IMG.
- The Participant’s cancelled checks will serve as the receipt and verification of payments.
- Late payments will result in cancellation of program reservations and forfeiture of all fees paid.

REFUND POLICY

- All application and program fee payments from Participants are non-refundable and non-transferable.
- The IMG Form 5: Physician’s Certificate must be returned to the IMG office no later than 30 days prior to the program starting date, however no application or program fees will be refunded if a Participant’s physician fails to approve participation after a Participant is admitted to a program.
- Participants agree that beginning on the first date of the program itinerary, there will be no refunds of program fees for any reason whatsoever.

OTHER COSTS AND EXPENSES

- Participants acknowledge that all team or group supplies and equipment are the sole property of IMG.
- Participants agree to reimburse IMG for any satellite communication charges incurred by Participants while participating in the program.
- Participants agree that the cost of any search and rescue undertaken on their behalf will be their financial responsibility, including costs incurred by IMG, other expeditions, government or other entity.
- Participants acknowledge that during the program, certain events may occur which may necessitate certain additional costs not contemplated at this time, including but not limited to the cost of evacuation during any part of the program, medical treatment, body recovery and/or repatriation, and other related matters. Participants agree that those additional costs are not the responsibility of IMG and that the Participant is responsible for payment of those costs.

IMG FORM 1: GENERAL TERMS AND CONDITIONS (Page 2 of 2)

PROGRAM CANCELLATION

- IMG reserves the right to cancel a trip for any reason prior to departure. In that event, IMG will refund application and program fees paid by Participants. In circumstances where IMG has already made payments to foreign agencies for a program, some portion of program fees may not be fully refundable.
- In the event of cancellation of a program and upon refund to Participants of all program fee payments, IMG shall be released from any further liability to Participants, including but not limited to liability for additional costs Participants may have incurred, pre-departure expenses, non-refundable advance purchase air tickets, visa fees, equipment purchases and medical expenses.

OTHER TERMS AND CONDITIONS

- Participants authorize and release to IMG the use of their image in any photograph or video recording for any legal purpose of IMG.
- Participants planning to use personal satellite communications equipment on the IMG program agree to inform IMG of such plans in advance and agree to procure all required permits for their equipment.
- Participants agree not to participate in the publishing of any expedition related news, dispatches, cybercasts, or other media content during the course of the expedition without written agreement by IMG in advance.
- Participants agree to inform IMG at the time of application of any pending or actual employment, agency, or sponsorship relationships that are related to their participation in the IMG program.
- Participants understand that no guarantees have been made with respect to the objectives of the program.
- Participants agree that Washington law shall be applied in any legal action involving the interpretation, validity and/or enforceability of this agreement or any disagreement or legal action between the parties, and that any legal action, lawsuits or arbitration resulting from my participation in this activity shall be brought only in Pierce County, Washington.
- IMG and Carleton College hereby give notice that it only serves as an agent for hotels, transportation companies, land operators, and suppliers of travel services, and that no responsibility or liability is assumed by IMG in connection with any travel service, including but not limited to airlines, hotels, and motor vehicle operators, and that IMG will not be responsible for any act, error, omission, nor any injury, loss, accident, delay, irregularity, or danger by a supplier of travel services to Participants in IMG programs.
- Participants acknowledge that they are advised to buy personal life, medical, accident, travel, baggage, cancellation, rescue, and other insurance that may pertain to their participation in the program. Participants understand that IMG provides them with no such insurance coverage.
- Prices are based on double occupancy. If you prefer private accommodations, a single supplement option is available for some trips.

AGREEMENT

I, _____ (Participant print full name), of my own free will, for my family, minor children, spouse, dependent parents, my heirs and executors, assigns and myself, have had a full opportunity to review this document and I have read, understand and agree to the General Terms and Conditions contained herein. I have also read the other Forms in the IMG Application Package, IMG program materials and relevant website information (e.g. Fee Payment Schedule, Itinerary, Personal Equipment Checklist, Immunizations Checklist) and other documents, maps, accounts, and information pertinent to the program and I understand and agree to the information, terms and conditions contained therein. The above named forms are incorporated herein.

Participant's Signature: _____ Date _____
THIS APPLICATION PACKAGE IS SUBJECT TO FINAL ACCEPTANCE BY IMG IN ASHFORD, WA.

If under 18, Parent must also sign: Signature: _____ Date _____

Parent please print full name: _____

IMG FORM 2: Participant Information (Page 1 of 2)

A. Personal Information

Full Legal Name: _____ Class Year: _____

Address: _____

City: _____ State: _____ Zip: _____

E-Mail Address: _____

Phone (H): _____ (W) _____ (Fax) _____

Date of Birth: _____ Citizenship: _____ Marital Status: _____

Occupation: _____

IMG Program & Departure Date: Kilimanjaro Climb -- August 3, 2008 -- CARLETON COLLEGE GROUP

Total Program Fees: \$5400 per person climb and safari \$4025 for climb only (circle one)

Payment Included (minimum of \$1000 per person application fee) \$ _____

Include either a check payable to *International Mountain Guides* or your credit card information

(Please note that credit cards are not accepted for final payment): Visa Mastercard (circle one)

Card Number: _____ Expires: _____

Name on card: _____ Security Code: _____

B. Please send a good quality copy of the first two pages of your passport and also complete:

Passport Number: _____ Expires: _____

Date and Place Passport Issued: _____

C. Mountaineering and Related Activities

Please list your pertinent climbs, training and related activities. If necessary, attach additional sheets.

D. Training and Conditioning

Please describe the conditioning routine you plan to use to prepare yourself for this expedition. If necessary, attach additional sheets.

IMG FORM 2: Participant Information (Page 2 of 2)

E. Accommodations and Meals:

Trips are priced based on double occupancy. If you are a single traveler, we will try to pair you with another team member of the same sex. If another team member of the same sex is unavailable, we will try to put you in a single room or tent, if possible, however on some trips this may not be feasible. Are you interested in paying an additional fee for a guaranteed single room or tent, IF it is available? YES _____ NO _____

Are there any foods you cannot eat? _____

F. Emergency Contact Information:

Primary Contact Name: _____ (Relationship?)

Day/night phone(s) _____

Alternate Contact Name: _____ (Relationship?)

Day/night phone(s) _____

G. Insurance Information:

I plan to purchase travel Insurance for this Trip: ____ Yes ____ No

After purchase, please tell us your provider and policy number: _____

I plan to purchase trip cancellation Insurance for this Trip: ____ Yes ____ No

After purchase, please tell us your provider and policy number: _____

AGREEMENT

The information I have provided on IMG Form 2: Participant Information is true and correct.

Participant's Signature: _____ Date _____

If under 18, Parent must also sign: Signature: _____ Date _____

Parent please print full name: _____

IMG FORM 3: Participant Medical Information

Climbing and trekking at high altitudes is extremely strenuous. In addition, medical care as you may be accustomed to at home in the US is non-existent in many foreign countries. We do not want you to engage in any activity that would be detrimental to your health or which would be opposed by your doctor because of recent illness, injury, surgery, etc. If you have any questions regarding your participation in the expedition, please contact your doctor.

Participant Name: _____ Date of Birth: _____

Gender: _____ Height: _____ Weight: _____

How would you describe your health (use additional page if necessary)? _____

Please answer the following questions by circling Yes or No. Have you ever had any of the following?
If **Yes** to any, please describe on a separate sheet (date, duration, severity, symptoms, limitations, etc)

Allergies Yes / No	High Blood Pressure Yes / No	Dislocations Yes / No
Frostbite Yes / No	Do you get cold easily? Yes / No	Shoulder, Back, or Knee problems Yes / No
Diabetes Yes / No	Are you pregnant? Yes / No	Asthma Yes / No
Epilepsy Yes / No	Heart Disease Yes / No	Cerebral or Pulmonary Edema Yes / No
Previous altitude problems Yes / No	Speech, vision, or hearing impairment Yes / No	

Do you use tobacco? If yes, details _____

Are you taking any medications (for what? dosage? use additional page if necessary) _____

Do you have any limitations on your activities (use additional page if necessary)? _____

Do you have any other conditions that might affect your health (use additional page if necessary)? _____

AGREEMENT

The information I have provided on IMG Form 3: Participant Medical Information is true, complete and correct.

Participant's Signature: _____ Date _____

If under 18, Parent must also sign: Signature: _____ Date _____

Parent please print full name: _____

IMG FORM 4: Acknowledgement of Risk and Contract, Waiver, Release and Indemnification (Page 1 of 3)

IMPORTANT: THIS IS A LEGAL DOCUMENT

Please read and understand this document before signing. If you have any questions please consult us and/or your attorney. Please review and sign with spouse (or parent if minor)

INTERNATIONAL MOUNTAIN GUIDES, LLC and CARLETON COLLEGE (together hereinafter referred to as "IMG") have taken care to assure that our Participants experience a rewarding mountaineering expedition. We wish to inform our Participants that mountaineering and foreign travel are not risk free. The same elements that contribute to the unique character and fun of exploring and climbing mountains, such as the physical exertion or outdoor living, can cause loss or damage to equipment, injury, illness, or in extreme cases, permanent trauma, paralysis, 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 some of the possible risks. We ask that you read this release of liability, sign it, and return the original documents it to our office.

ACKNOWLEDGMENT OF RISK

You, the Participant, need to understand that you are going to be entering an environment with significant hazard and risks, including those associated with living, camping, traveling out of doors, and traveling in foreign countries that may be politically unstable, worldwide dangers associated with the war on terrorism, and with the forces of nature. Below is a list of the possible hazards but not all of the hazards you may encounter.

Travel is by vehicle, animal, bus, 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, glaciers, steep slopes, and slippery rocks. Attendant risks include vehicle accidents, falling, drowning, and others usually associated with such travel, as well as environmental risks. This travel in foreign countries includes automobile, taxi, truck, bus, train, aircraft, helicopter, pack animal, and other modes of transportation. Many times the risks associated with transportation can be as great as the mountaineering risk itself. You assume the risk of all travel arranged by yourself or by IMG.

Meals are prepared over stoves and sometimes-open fires. Water often requires disinfecting before use. Camping hazards may include burns, tent fires, carbon monoxide poisoning, cuts, diarrhea and flu-like illness. All water must be treated before ingesting once you leave the United States.

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.

Climbing and Mountaineering are hazardous. The obvious accidents that occur in climbing are falling while climbing, whether you fall only a few feet, part way down the mountain, or all the way to the bottom. As you fall you may hit objects or the terrain in your path. If a rope stops 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, falling objects may hit you. Rocks, ice, snow, climbing equipment and even people may fall and hit you as you are standing or while climbing.

Equipment may fail. The extreme conditions of the environment in which climbing and mountaineering equipment is used in conjunction with the damage caused by the environment can cause climbing equipment to fail. The rock or ice to which you are holding or to which you have placed protection may break, causing you to fall or causing your protection to pull out from the rock or ice. As you climb you may pull out protection from the rock or ice. You may experience injury from holding on to the rock or using equipment. You may also experience rope burns from handling the rope. There are many hazards associated with snow, ice, and glacier climbing. Ice climbing is a technical activity involving the use of technical equipment including 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. Ice climbing involves cold, water, and steep terrain. Ice is constantly falling and can cause injury if you are hit. Other objects may fall and hit you due to thawing or being knocked down by the ice or other climbers.

IMG FORM 4: Acknowledgement of Risk and Contract, Waiver, Release and Indemnification (Page 2 of 3)

Avalanches are often a threat in the mountains. An avalanche is snow and ice that has released from the mountain and is moving down the mountainside. If you are trapped in an avalanche you can be injured or suffocated by the avalanche or trapped in the avalanche, which may kill you. The avalanche debris may force you into a collision with other immovable objects, which might injure or kill you or you may be forced into a crevasse or over a cliff.

Glacier travel is always dangerous. Crossing crevasses or walking over snow bridges covering a crevasse can lead to a fall into a crevasse. 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 to be aware of is the danger from seracs, large blocks of ice or snow you may need to walk near or around. 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.

You may trek and climb at altitude to which you will not be accustomed. 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. Altitude sickness can lead to conditions that may result in death. You must understand that the mountaineering expedition in which you are about to participate includes a high degree of risk of hypothermia. High Altitude Pulmonary Edema (HAPE) and High Altitude Cerebral Edema (HACE) occur when you are at altitudes and have not acclimated properly. HAPE and HACE can be fatal if not recognized and treated quickly. 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.

Medical care, as you understand it, may not be available outside the United States. You may be hours or days travel by water, porter, animal or other non-vehicular transportation from any medical facility. The medical facility you may be treated in may not have the same standards as hospitals or doctor's offices in the United States. The medical personnel you will be treated by may not have the same training as medical personnel in the U.S. You will be subject to bacteria, viruses and diseases, which are rare or unknown in the U.S. You will need to be vigilant in your normal daily habits such as eating, hand-washing and bodily functions in order to not introduce dangerous bacteria, virus and diseases into your system.

Decisions are made by the IMG staff and Participants on a high altitude expedition based on a variety of perceptions and evaluations, which by their nature are imprecise and subject to errors in judgment. Participant understands and agrees to abide by these decisions. **However, the Participant must exercise their own ability and thought in keeping safe and secure, and is solely liable for their safety and that absent direction from IMG it is his or her decision to travel, return home or descend at any time.** Throughout the trip, Participant is responsible for his or her own safety and for the safety of other members of their expedition. Participant agrees to adhere to all decisions made by the employees, contractors, guides, owners and members of IMG at all times. Participant understands that those decisions may be based on many factors, including the overall safety of the group. Participant understands and agrees to those decisions, which are in fact the way most professionally conducted high-altitude expeditions operate.

There is a high level of stress and anxiety while undertaking any mountaineering expedition. In addition you may encounter or see sights, which may disturb you. It is also possible that some participants will suffer mental anguish or trauma from the experience or their injuries.

This list is not an exclusive or exhaustive list of possible risks, injuries, trauma, or accidents that may occur while mountaineering. Most of these injuries are rare and you are not likely to encounter them, however they have occurred and you need to know about them, as well as other possible injuries not mentioned above. Some injuries occur more often when the participants are using illegal drugs or alcohol or are not physically able to undertake the expedition, so the use of illegal drugs or alcohol will not be permitted on the trip while engaged in climbing or mountaineering.

IMG FORM 4: Acknowledgement of Risk and Contract, Waiver, Release and Indemnification (Page 3 of 3)

CONTRACT, WAIVER, RELEASE AND INDEMNIFICATION

I certify that my family, including minor children, spouse, representatives, heirs, assigns, subrogors and dependent parents, understands the risks of mountaineering and the legal consequences of this document. I am fully capable of participating in the mountaineering expedition. I state that I have read the above statement on some of the possible risks in trekking and mountaineering, and I voluntarily accept them. Therefore, I assume all risks in participating in this activity, including but not limited to those listed above, for myself and my family, including minor children, spouse and dependent parents, for bodily injury, death and loss of personal property and any expenses as a result of my negligence, negligence of my family, negligence of another participant or the negligence of IMG, its guides, agents and employees. I also understand that IMG reserves the right to refuse continued participation in the expedition to any person it judges to be incapable of meeting the rigors and requirements of participation. I am in good physical condition and able to undertake this expedition.

I further agree to release, acquit and covenant not to sue IMG for any and all claims, causes of action or damages, or remedies in equity of whatever kind, including those alleging the negligence of IMG, other participants, my family, minor children, spouse, dependent parents, myself, or my heirs, against IMG arising out of participation in this expedition. In short, I cannot sue IMG and if I do, I cannot collect any money.

I agree to indemnify and hold harmless IMG from all claims, damages, losses, injuries and expenses arising out of or resulting from my family's or my participation in these activities. This indemnification extends to the members of my immediate family, minor children, spouse and dependent parents in my household. In consideration of my being able to participate in the activity I agree to indemnify and hold harmless IMG for any costs associated with my death or with any injury I may receive, or transportation not covered in the itinerary due to my death or injury or early departure.

I hereby authorize any medical treatment or rescue deemed to be necessary I hereby give permission for transportation to any medical facility or hospital and I authorize for any qualified guide or medical personnel to render necessary emergency medical care for my family or myself. I hereby authorize the release of any medical information in the possession of IMG 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 IMG or any health care provider, hospital, doctor, nurse or first aid provider for the release of this medical information.

I agree that Washington law shall be applied in any legal action involving the interpretation, validity and/or enforceability of this agreement or any disagreement or legal action between the parties, and that any legal action, lawsuits or arbitration resulting from my participation in this activity shall be brought only in Pierce County, Washington.

Should a court of competent jurisdiction declare any part of this agreement unenforceable, the remaining parts or paragraphs shall remain in full force and effect. A copy of this release can be used as if it were an original. The terms of this agreement shall continue and be in effect after the expedition.

As liquidated damages, I hereby agree that if IMG is forced to defend any action, lawsuit or litigation by myself, my executors, or my heirs, on my family's or my behalf, my heirs or executors and I agree to pay IMG's costs and attorney fees if they successfully defend such action, lawsuit or litigation.

I, _____ (Participant print full name), of my own free will, for my family, minor children, spouse, dependent parents, my heirs and executors, assigns and myself, have had a full opportunity to review this document and I have read, understand, accept and acknowledge the risks and liability for myself and my family.

Participant's Signature: _____ **Date** _____

Signature of Participant's Spouse: (REQUIRED): _____ **Date** _____

If under 18, Parent must also sign: Signature: _____ **Date** _____

Parent please print full name: _____

IMG FORM 5: Physician's Certificate

Your patient, _____ (please print name) has been accepted as a member of a high altitude mountaineering expedition to **Mt. Kilimanjaro in Tanzania**. Please ask him/her to describe the type of expedition that is planned. This expedition involves high altitude climbing and possible cold temperatures, along with the dangers from altitude sickness, accidents, and illness in a remote area. Professional medical help may be days away. All participants must be in satisfactory physical condition and be mentally stable. In addition, we recommend that participants carry certain prescription drugs with themselves in their personal medical kit. Possible drugs to consider may include the following, and others:

1) Antibiotic for upper respiratory problems; 2) Antibiotic for GI problems; 3) Diamox for acclimatization (125 mg tabs recommended, enough for a week); 4) Sleeping pills for jet lag; 5) Tylenol 3 or similar for severe headaches; 6) Malaria Chemoprophylaxis, if needed based on travel plans; 7) Asthma medication, if any history.

For serious illness on high altitude expeditions nifedipine (for pulmonary edema) and dexamethasone (for cerebral edema) are standard treatment protocol in association with immediate descent. An excellent discussion of protocols for these medications, and others, is found in an article by Hackett and Roach in NEJM Vol. 345 No. 2 July 12, 2001.

Please assist your patient in obtaining these or other drugs that you would advise for extended travel in the third world away from western style medical care.

I, Doctor _____
(Please Print Physician's Name)

have examined the above-named patient on this **Date** _____, taking into consideration the activity in which he/she is going to engage and I have conducted the types of tests that I deem necessary under the circumstances. In my opinion, the patient is physically and mentally fit and able to participate in the activity.

Physician's Comments, Reservations, Observations, if any (please use additional sheet if necessary.)

Please list any drugs that your patient should not be given: _____

Signature of Physician: _____

Address: _____

Phone(s) _____