



CHECK LIST: MOUNTAINEERING EXPEDITION

1. Quantitative Requirement

- (a) All members must be qualified in both Basic and Advance Mountaineering Courses from any recognized institutes viz Himalayan Mountaineering Institute (HMI) (Darjeeling), Nehru Institute of Mountaineering (NIM) (Uttarkashi), Jawahar Institute of Mountaineering & Winter Sports (JIM & WS) (Pahalgam), National Institute of Mountaineering Allied Sports (NIMAS), Dirang.
- (b) The Leader and Deputy Leader should have participated in atleast one mountaineering expeditions in past.
- (c) The strength of the Climbing team should not be more than 10-12 members and supporting team not more than 05-06 members (including medical qualified persons).
- (d) Mandatory composition of team to include following:-
- (i) Minimum one member qualified in administering High Altitude Area medicines and handling medical emergencies. Qualification certificate from recognized institute to be enclosed.
 - (ii) Minimum one member qualified in Mountain Rescue Course/Search & Rescue Course from nationalized institutes. Qualification certificate from recognized institute to be enclosed.

2. Medical Fitness

- (a) No breathing ailments, hypertension and heart problems with any members.
- (b) The expedition team members should not have undergone any major surgery or suffering from seizures, high blood pressure, heart related diseases, fracture or ligaments tear or knee, ankle & shoulder.
- (c) **Age** Max 40 years. Age of above 40 years may be permitted subject to signing of special over age certificate duly certified by a reputed doctor.
- (d) **COVID-19** COVID vaccinated (two doses).
- (e) **Medical Certificate** Medical certificate duly endorsed by a government recognized medical representative for each member including all the details as mentioned above to be enclosed.

3. Equipment and Administrative Support

- (a) All Mountaineering equipment and administrative requirements to including transportation, accommodation & meals to be catered for entire duration of expedition under own arrangements by the team/sponsor agency.
- (b) For more details please refer guidelines published by Army Adventure Wing.

4. Documents Required

- (a) Copy of Aadhar Card (Mandatory).

- (b) Present address proof.
- (c) Latest certificate from school/ college/ private company/ Govt organization stating that individual is studying / working / employed with them.
- (d) Latest physical fitness Certificate from med authority including details as mentioned above (not more than two months old).
- (e) Five copies of passport size photographs.
- (f) Latest Medical Insurance Certificate.
- (g) Indemnity Bond as per format (available on website).
- (h) Over age form (Above 40 Years only).

5. **Safety Organisation**

- (a) A qualified team of min 06 Personnel's (One Mountain Rope) to accompany each expedition.
- (b) The team will be provided by sponsor Agency/Tour Operator.
- (c) Details of team members of safety organization qualification to be forward alongwith the proposal.

