



## **CHECK LIST: MOTORCYCLE, CYCLING & BIKING**

### 1. **Quantitative Requirement**

- (a) A valid driving license from each member of motorcycle expedition.
- (b) 80% of expedition to be planned on black top road. Any off road expedition will not be permitted.
- (c) Minimum one member of cycling expedition team to be qualified in Basic Mountain Terrain Biking Course from recognized institutes. Qualification certificate to be enclosed.

### 2. **Medical Fitness**

- (a) No breathing ailments, hypertension and heart problems with any expedition members.
- (b) The climbing 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 50 years. Age of above 50 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) **Riding Gear**

- (i) Helmet.
- (ii) Riding Gloves.
- (iii) Riding jacket.
- (iv) Riding Pants if possible/available (Otherwise jeans). If you don't have riding pants, you will need Knee Guards.
- (v) Riding shoes.

#### (b) **Clothing**

- (i) 4 T-Shirts (preferably dry-fit).
- (ii) Jeans / trousers.
- (iii) Quick Dry Towel and Napkin.

- (iv) One track pant / shorts.
  - (v) 3 Undergarments.
  - (vi) 2 handkerchiefs.
  - (vii) A pair of shoes/sandals to roam around.
- (c) **Personal**
- (i) Ear Plugs (they block out air noise and reduce fatigue).
  - (ii) Medicine Pouch (band aids, Savlon/ Dettol, cough syrup, pain-relief spray, medicines for fever/cold/bad stomach/allergic reaction).
  - (iii) Mosquito repellent spray or cream.
  - (iv) Nutrition Bars, Chikki, Glucon D/Glucose powder, Electrol, Chocolates.
- (d) **Optional**
- (i) Camera and Charger (+ Memory Cards).
  - (ii) Tripod.
  - (iii) Hand sanitizer.
  - (iv) Tissue Papers.
  - (v) Chain lube/ clean.
- (e) All 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.
- (f) 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 50 Years only).
- (j) Valid Driving License.
- (k) Motorcycle Registration Certificate (original).
- (l) Valid Motorcycle Insurance.

5. **Safety Organisation**

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

