



CHECK LIST: TREKKING EXPEDITION

1. Quantitative Requirement

(a) All members must be qualified in Basic 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) **Duration** Not more than 10 Days of actual activity (excluding duration of move by road/rail and acclimatization).

(c) **Strength of Expeditions** Not less than 10 Personnel's.

(d) **Expedition Planned above 9000 Ft.**

(i) **Mandatory Composition of Team** The team composition to be as under:-

(aa) The team to be led by an experienced trekker and should have a mixed of experienced climbers and beginners.

(ab) Minimum 60% team members to be Basic Mountaineering Course qualified.

(ac) 40% balance team to be beginners

(ad) Team leader and deputy team leader should be qualified in Advance Mountaineering Course from a recognized mountaineering institutes.

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 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) All trekking 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 50 Years only).

5. **Safety Organisation**

- (a) A qualified team of min 04 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.

