

## IMG Application Package

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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**

This application is a **FILLABLE** form; however, please note your original signatures are **REQUIRED**. After you complete the forms, please print the documents and sign by hand where indicated and submit to IMG. You may otherwise choose to print a blank application, complete by hand and submit to the IMG office.

#### **Initial steps:**

- Carefully read, execute and submit the following **IMG Forms 1, 2, 3, 4 and any required supporting materials** in order to apply for and reserve your position on an IMG program (See deadline for **Form 5** Physician's Certificates outlined below):

**IMG Form 1:** General Terms and Conditions.

**IMG Form 2:** Participant Information.

**IMG Form 3:** Participant Medical Information.

**IMG Form 4:** Acknowledgement and Express Assumption of Risk and Contract, Waiver, Release and Indemnification.

**If you are MARRIED, your spouse's signature is REQUIRED on IMG Form 4.**

**IMG Form 5:** Physician's Certificate. Consult with your doctor immediately and together read and execute. **For International Programs:** Submit this form to IMG at least 60 days prior to your program. **Adult participants on lower 48 USA trips (only) may waive this form** by completing the Participant's Election to Waive Physician's Examination at the bottom of Form 5, and submit no later 30 days prior to the program.

- **Passport:** For IMG programs outside the U.S., we require a high-quality **COLOR** copy of the first two pages of your passport showing the full legal name, signature, date of birth, passport number and citizenship under which you will be traveling. This can be a high-quality photocopy or you can email a scan in .jpg format – no faxed passports please. **Please make sure that your passport is valid for at least 6 months AFTER the trip to avoid visa problems.**
- We **DO NOT** accept signatures in an electronic format (i.e. inserting an electronic signature into a PDF document). **An original autograph must be on each signature line.**
- **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.**
- **Payment Information: US customers** – Make checks payable to International Mountain Guides Trust Account. Bank wire information will be provided upon request. We do not accept direct deposits, ACH transactions or Transfer Wise.
  - Also include at this time any additional fees due under the payment schedule (i.e. if you are applying for program admission after additional scheduled payments have become due or if you are applying for program admission within 90 days of the program's start date, at which point all fees for the program are due and payable).
  - **International Customers (incl. Canada)** – No personal checks or bank drafts. Bank wire information will be provided upon request.
- Forward the above materials to:  
**International Mountain Guides, LLC**  
**If mailing via United States Postal Service: P.O. Box 246, Ashford WA 98304**  
**If shipping via UPS/Federal Express or other courier service: 31111 State Route 706 East, Ashford WA 98304**  
**Email: [Office@MountainGuides.com](mailto:Office@MountainGuides.com); Fax: (866) 279-7455; Phone: (360) 569-2609**  
*We encourage you to send application materials using FedEx, UPS or U.S. Postal Service Express Mail. Applications may also be sent via email or fax.*

#### **Next steps:**

- You will be notified by email upon our receipt of your completed application materials and formal acceptance for the program. Your position is not confirmed until all properly executed forms and application fees have been received and reviewed in the IMG office in Ashford, WA.

- Submit additional fee payments on or before the due dates indicated in the program materials.
- IMG will send you additional program materials, instructions and updates via email as needed.
- Participants in 8000 meter and certain other high altitude programs will also be required to complete additional forms which will be provided to you after your acceptance in the program.

### **PERSONAL INSURANCE and TRAVEL ARRANGEMENTS**

- IMG customers on programs in the “Lower 48 states” of the USA are encouraged to purchase travel insurance. **All other IMG customers are REQUIRED to carry approved travel insurance** that includes medical evacuation, repatriation and medical expenses for the duration of their IMG program. **Climbers (use of ropes, crampons, ice axe, etc.) must have a plan that covers technical, high-altitude mountaineering.** Some IMG programs (for example, Himalaya and Antarctica) may have specific requirements. We recommend several plan options that are listed on our website here: <http://www.mountainguides.com/travel-insurance.shtml>. From there you can view trip-specific recommendations and get a quote by clicking on the links provided on that page.

### **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](http://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):**

- 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.

#### **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 borne by each participant.

## 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.
- 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.
- IMG hereby gives 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, interruption, rescue, repatriation 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.

## 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.

## PROGRAM FEES AND PAYMENTS

- For IMG Rainier and Ouray, Colorado programs see: <http://www.mountainguides.com/signup.shtml>
- Registration for all other programs requires an Application Fee: \$1000 for international programs; \$500 for Alaska and "Lower 48 states" programs. Special application fees / payment schedules may apply to some programs (e.g., Himalaya and Antarctica) as described in the relevant Trip Information documents.
- Application Fees (up to \$1000) can be charged to a credit card (Visa or Master Card only) **excluding** Antarctica, Everest and Lhotse Summit Climbs, Putha Hiunchuli and Carstensz Pyramid.
- Balance of program fees are due 90 days prior to the starting date of most programs (see relevant Trip Information documents for exact payment schedules) and must be paid by check or bank wire. Credit cards are not accepted for installments or final payment. International Customers (incl. Canada) – no personal checks or bank drafts.
- Payments made by bank wire to IMG require inclusion of all bank wire fees. IMG's bank does not charge for incoming wires; however, please include wire fees charged by your bank or their correspondent bank(s).
- 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.
- 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 60 days prior to the program starting date (International Programs) or 30 days prior for domestic programs; 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.

## 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:** \_\_\_\_\_

**We DO NOT accept signatures in an electronic format (i.e. inserting an electronic signature into a PDF document). An original autograph must be on each signature line.**

## THIS APPLICATION PACKAGE IS SUBJECT TO FINAL ACCEPTANCE BY IMG IN ASHFORD, WA.

If under 18, Parent must also SIGN: \_\_\_\_\_ Date: \_\_\_\_\_

Parent of minor PRINT full name: \_\_\_\_\_

*If the Parent is divorced, by signing this agreement, signing Parent acknowledges that they have the legal right to sign on behalf of the minor child.*

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

**All fields are REQUIRED – Please print clearly**

## A. Personal Information

Full Legal Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**E-Mail Address:** \_\_\_\_\_

**Most communication is via email – please print clearly**

Phone (Home): \_\_\_\_\_ (Work) \_\_\_\_\_ (Cell) \_\_\_\_\_

Date of Birth (MM/DD/YY): \_\_\_\_\_ Marital Status: \_\_\_\_\_ Occupation: \_\_\_\_\_

**IMG Program Name:** \_\_\_\_\_ **Start Date:** \_\_\_\_\_

Total Program Fees \$ \_\_\_\_\_ Payment Included: \$ \_\_\_\_\_

Please provide name(s) of any participants joining you on this program: \_\_\_\_\_

**If you are registering for an International Program, complete Section B. Color copy of your passport is required.**

**B. Passport:** For IMG programs conducted outside the U.S., applicants must complete the below AND submit a high-quality COLOR copy of the first two pages of your passport showing the full legal name, signature, date of birth, passport number and citizenship under which you will be traveling. A color scan in .jpg format is also excellent (email it to IMG). Please make sure that your passport is valid for at least 6 months AFTER the trip to avoid visa problems.

Passport Number: \_\_\_\_\_ Expires: \_\_\_\_\_

Date and Place Passport Issued: \_\_\_\_\_ Citizenship: \_\_\_\_\_

## C. Mountaineering and Related Activities

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## D. Training and Conditioning

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

Please list any dietary restrictions: \_\_\_\_\_

## F. Emergency Contact Information (not traveling with you):

Primary Contact Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Day/night phone(s) \_\_\_\_\_

Secondary Contact Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Day/night phone(s) \_\_\_\_\_

## G. Travel Insurance Information:

IMG customers on programs in the "Lower 48 states" of the USA are encouraged to purchase travel insurance. **All other IMG customers are required to carry approved travel insurance** that includes medical evacuation, repatriation and medical expenses for the duration of their IMG program. **Climbers (use of ropes, crampons, ice axe, etc.) must have a plan that covers technical, high-altitude mountaineering.** Some IMG programs (for example, Himalaya and Antarctica) may have specific requirements, please refer to Trip Information documents on our website. We recommend several plan options that are listed on our website here: <http://www.mountainguides.com/travel-insurance.shtml> . From there you can view trip-specific recommendations and get a quote by clicking on the links provided on that page.

I have/will Purchased Travel and/or Trip Cancellation Insurance for this Trip: YES      NO

If already purchased, please note provider and policy number: \_\_\_\_\_

## H. IMG Marketing Question:

How did you hear about IMG? \_\_\_\_\_

## AGREEMENT

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

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**We DO NOT accept signatures in an electronic format (i.e. inserting an electronic signature into a PDF document). An original autograph must be on each signature line.**

If under 18, Parent must also SIGN: \_\_\_\_\_ Date: \_\_\_\_\_

Parent of minor PRINT full name: \_\_\_\_\_

*If the Parent is divorced, by signing this agreement, signing Parent acknowledges that they have the legal right to sign on behalf of the minor child.*

# 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 (MM/DD/YY): \_\_\_\_\_

Gender: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Please describe your health: \_\_\_\_\_

**Do you have, or have you ever had the following: (Indicate YES or NO to each, provide explanation for YES answers)**

CONDITIONS:	YES	NO	If YES, provide detailed explanation
Allergies			
Diabetes			
Epilepsy			
Asthma			
High Blood Pressure			
Heart Disease			
Are you pregnant?			
Previous Altitude Problems			
Cerebral or Pulmonary Edema			
Frostbite			
Speech, vision, hearing impairment			
Shoulder, back, knee problems			
Dislocations			
OTHER:	YES	NO	If YES, provide detailed explanation
Surgeries			
Medications			
Tobacco use			
Get cold easily			
Limitations on activities			
Other conditions that might affect health			

## AGREEMENT

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

**Participant's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**We DO NOT accept signatures in an electronic format (i.e. inserting an electronic signature into a PDF document). An original autograph must be on each signature line.**

If under 18, Parent must also SIGN: \_\_\_\_\_ Date: \_\_\_\_\_

Parent of minor PRINT full name: \_\_\_\_\_

*If the Parent is divorced, by signing this agreement, signing Parent acknowledges that they have the legal right to sign on behalf of the minor child.*

# IMG FORM 4: Acknowledgement and Express Assumption 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. If you are signing as the parent or legal guardian (hereinafter "parent") for a minor (under the age of 18) you agree to read, to have minor read and if necessary, explain to minor the nature and terms of this agreement as well as all the risks herein and of the activity.

INTERNATIONAL MOUNTAIN GUIDES, LLC (hereinafter also referred to as "IMG") has 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.

## ACKNOWLEDGMENT AND EXPRESS ASSUMPTION 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 and Express Assumption 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 and Express Assumption 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 and 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, and as required to obtain mountaineering permits (i.e., both Nepal and Tibet now require us to submit climber's medical forms as part of the permit process). I hereby waive any action or claim against IMG and its agents 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:** \_\_\_\_\_

**We DO NOT accept signatures in an electronic format (i.e. inserting an electronic signature into a PDF document). An original autograph must be on each signature line.**

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

If under 18, Parent must also SIGN: \_\_\_\_\_ Date: \_\_\_\_\_

Parent of minor PRINT full name: \_\_\_\_\_

*If the Parent is divorced, by signing this agreement, signing Parent acknowledges that they have the legal right to sign on behalf of the minor child.*

# IMG FORM 5: Physician's Certificate

This form is required for all participants on IMG International programs & Alaska programs, or if otherwise requested by IMG. Domestic Program (lower 48 states) adult participants may complete the waiver at the bottom of this form unless Physician's approval has been required by IMG.

Your patient, \_\_\_\_\_ (please print name) has been accepted as a member of an expedition to \_\_\_\_\_ (please print destination). Please ask him/her to describe the type of expedition that is planned. This expedition may involve 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. Please consult with your patient and explain any concerns you may have regarding any of the drugs/ medications to be included in your patient's 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) Malaria Chemoprophylaxis, if needed based on travel plans;
  - 6) Asthma medication, if any history.
- For serious illness on high altitude expeditions 7) nifedipine (for pulmonary edema) and 8) 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 the "[Wilderness Medical Society Consensus Guidelines for the Prevention and Treatment of Acute Altitude Illness](#)" (PDF file)

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. **This form is due to IMG 60 days prior to the program start date and is valid for 12 months following the date of examination noted below.**

**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:** \_\_\_\_\_  
*We DO NOT accept signatures in an electronic format (i.e. inserting an electronic signature into a PDF document). An original autograph must be on each signature line.*

**Address:** \_\_\_\_\_

**Phone(s)** \_\_\_\_\_

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## For Domestic Programs Only: Participant's Election to Waive Physician's Examination

**\*\*The option to waive is only available to adult participants on Lower 48 USA trips (due 30 days prior to trip date)\*\***

I, \_\_\_\_\_ (**Participant print full name**), have read and understand the purpose of the Physician's Certificate. I will obtain the necessary drugs through prescriptions from a licensed physician. I have chosen neither to consult with my doctor about my participation in this program nor to obtain his/her approval and signature on this form. I attest that, to the best of my knowledge and belief, I am physically and mentally fit to participate in this program.

**Participant's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
*We DO NOT accept signatures in an electronic format (i.e. inserting an electronic signature into a PDF document). An original autograph must be on each signature line.*