|  |  |
| --- | --- |
| D:\Mrigank Save\Pugmarks\Logo\New folder\Pugmarks Colour Logo PNG.png | **Pugmarks Eco Tours Private Limited** |
| [info@pugmarksholidays.com](mailto:info@pugmarksholidays.com)  [www.pugmarks123.com](http://www.pugmarks123.com)  Tel: 9819983870 |

# High Altitude Trek Informed Consent Form

|  |  |
| --- | --- |
| **Camp Name:-** | **Camp Date:-** |

I wish to participant myself / send my ward\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for the above-mentioned camp at my own risk and responsibility.

I understand that the nature of the tour is based on an adventure where I/ my ward will be staying at higher altitude and/or remote areas and/or in tent/campsite. I am / my ward is physically fit to undergo the rigorous activity of trekking. I have gone through the information circular in detail and agree that myself/my ward will abide with the instructions contained therein. I have full faith in organisers and understand that they have vast experience in organising the trek and have taken full precaution and safety measures possible for the said event. I am aware that myself/my ward will have to take care of ourselves and belongings and be careful and responsible in that regard. I/My ward will not hold any organizer/its staff/subordinates/instructors/volunteers/agents responsible in any way in case of any eventuality, illness, accident, weather, political, and other factors beyond their control. I am aware that only first aid is available on campsite and in case of any injury or sickness, I am ready to take medical treatment from doctor / attendant, if available on campsite and / or from the nearest available medical centre / hospital. The expenses for the same and related transportation will be borne by me. I also agree with the cancellation policy, all the terms and conditions as laid down by the organisers.

I also have read and understood about Acute Mountain Sickness and will follow instruction. I allow organisers to keep in touch with me by Email / SMS / WhatsApp in the future.

Sign of Participant Sign of Parents/Guardians Date: / /

**Acute Mountain Sickness (AMS)**

Definition: Acute mountain sickness is an illness that can affect mountain climbers, hikers, skiers, or travelers at high altitudes, usually above 7000 feet (2134 meters)

Causes:

1. Reduce air pressure
2. Lower oxygen levels

The faster you climb to a higher altitude, the more likely you will get acute mountain sickness. You are at a higher risk for AMS if

1. You leave at or near sea level and directly travel to a high altitude (over 7000 feet).
2. If you have had AMS or a condition similar to AMS in your past.

Symptoms:

1. Difficulty sleeping
2. Dizziness or light-headedness
3. Fatigue
4. A headache
5. Loss of Appetite
6. Nausea or vomiting
7. Rapid Pulse (Heart Rate)
8. Shortness of Breathe with Excursion

Symptoms that may occur with more severe AMS include

1. Cyanosis (Blue colour of the skin)
2. Chesttightness or congestion
3. Seaver Cough or Coughing up blood
4. Shortness of Breathe while resting
5. Decrease consciousness or withdrawal from social interaction
6. Grey or Pale complexion
7. Confusion
8. Not being able to walk in a straight line

Your symptoms will also depend on the speed of climb and how hard you exert yourself. Symptoms may range from mild to life threating, they can affect nervous system lungs, musclesand heart.