

CONFIDENTIAL CLIENT DETAILS

Name : Gender: M / F

Date : Date of birth : Height : Weight :

We are making preparations for your time with us, please give us as much information as possible.

What trekking/hiking have you done ? (including year and areas travelled);

What rockclimbing have you done? (location, grades, were you guided, if yes, which company and who was your guide).

What mountaineering have you done? (location, grades, were you guided, if yes, which guiding company and who was your guide).

Can you tie a climbing rope to your harness? If yes, what knot do you use?

How practised are you at belaying your climbing partner?

How practised are you with rapelling / abseiling ?

What other knots and mountain rope-work are you familiar with?

How practised are you with the use of crampons?

Have you climbed using an ice axe? ... and an ice hammer? What terrain ?

Describe your experience and current level of fitness in terms of carrying a heavy (15+ kg) pack over difficult terrain.

What is your most memorable mountaineering moment?

What are your key objectives that you wish to achieve on this trip ?

What concerns do you have about this trip ?

Do you have any injuries or other conditions that your guide needs to be aware of ?

Do you have any special dietary requirements?

I am sure footed on rough terrain (1=no ; 5= confident) -

I am confident on exposed (visibly high) terrain (1=no ; 5= confident) -

I am confident moving on steep terrain (1=no ; 5= confident) -

I can carry a 15 kg pack for 6 hours (1=no ; 5= confident) -