

# MEDEX

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## Medex Medical Research Expedition to Manaslu 2015

This is set to be our next major Medical Research Expedition along the same lines as those undertaken on Everest in 1994, Kangchenjunga in 1998, Hongu in 2003 and the Hidden Valley in 2008. We hope to combine an exciting trekking and mountaineering programme with an extensive package of integrated research into high altitude medicine.

We have selected a remote region to the north of Manaslu to be the location for this expedition as it provides great trekking and, hopefully, an appropriate location for scientific research at around 5,000 metres. A suitable mountaineering objective (Larkya Peak, 6,249m) is situated close to our Base Camp near the Larkya La. The approach will be dominated by the view of Manaslu (8,156m), also known as Kutang, this is the eighth highest mountain in the world and is located in the Mansiri Himal part of the Nepalese Himalayas, in the west-central part of Nepal.

The Expedition will be in the field from 21<sup>st</sup> March through to late April 2015 and membership is open to all with a healthy enthusiasm for the outdoors and / or a passion for research in remote and difficult circumstances. Medex operates as a club and it is expected that those participating in the Expedition will also take out a Medex subscription, which costs just £45 and runs for the lifetime of Medex.

Groups of around 12 members each will be formed by the end of this year. As on our previous expeditions the groups will function autonomously in the field and will be supported by their own Sherpa crew. All trekking and climbing options will need to be agreed with Medex before leaving the UK as there may be very significant cost and logistical implications.

The ethos of Medex expeditions is one of self-sufficiency with individuals taking responsibility for themselves. Medex does not provide any form of guiding service. Members gain far more from the expedition by being involved in decision making and all Expedition Members are encouraged to become actively involved in the expedition planning, logistics and research over the next year as well as the day to day decisions to be made whilst on trek. All are welcome to participate in the social events and team building events as the more mixing that goes on prior to departure for Nepal the better.

It is hoped that several groups of researchers and trekkers will take part in this expedition so that a broad array of research projects can be undertaken. Excellent results were achieved on Everest, Kangchenjunga, Hongu and the Hidden Valley with up to 70 people participating, as research subjects, in each expedition. The research is coordinated by Jamie Macdonald PhD, a lecturer at Bangor University and a member of the Extremes Research Group (email: [j.h.macdonald@bangor.ac.uk](mailto:j.h.macdonald@bangor.ac.uk); Tel: 01248 383272). If you would like to take part in the research or have research ideas please contact him directly.

It is expected that the majority of those participating will confine their efforts to trekking and for this they need no special mountaineering experience. They should, of course, be in good health and be reasonably fit and should not be too scared of heights. There is likely to be some steep sections of the trek which may need to be secured by rope. The more exposed sections are likely to be where landslides have damaged the path and so it is difficult to predict where these sections of the trail may arise.

Those venturing higher than Base Camp do, however, need to be suitably experienced and self-sufficient. Those attempting Larkya Peak must have some Alpine (or equivalent) experience. They must be competent in the use of crampons, ice axes and ropes and must be able to undertake crevasse rescue and have a sound understanding of avalanche prediction, search and rescue. It is worth repeating that the Expedition DOES NOT supply UIAA Mountain guides hence the need for self-sufficiency and suitable experience. If you have any doubts about your ability please discuss with Simon Currin if you plan to climb higher than Base Camp.

If you are interested in joining this Expedition we would strongly urge you to join Medex and participate fully in the club activities. Medex produces email updates keeping members abreast of plans and news. To join contact Simon Currin at [simon@medex.org.uk](mailto:simon@medex.org.uk).

### Itineraries/timing/money

In order to cater for the differing lengths of time people are able to take for holidays we are planning the following options:

Trip	Total days	Joining date in Kathmandu	Departure date from Kathmandu	Price
Trip Duration – 5 weeks	34			£2,500
Trips of intermediate duration will be charged pro rata				
Trip Duration – 4 weeks	27			£2,300
Additional fee to climb Larkya Peak (6,249m) available for any of above treks				£300

Prices include about 6 nights hotel accommodation (no food) in Kathmandu/Pokhara and the remainder of the time on trek (full board), domestic flights within Nepal, and trekking costs. Personal luggage is restricted to a maximum of 15kg whilst on trek (and on domestic flights) and up to 23kg for the international flight depending on the airline used. Prices are on a double, sharing basis and singles supplements may be charged if these are required. This price does not include International flights or climbing costs that are set out below.

Sample itineraries are attached.

#### Climbing Supplements

For those wishing to attempt to climb Larkya Peak (6,249m) please add £300 to cover extra porter cost and Royalty and the assistance of high altitude porters if required.

#### Price does NOT include:

International flight costs; climbing costs (except when Larkya Peak supplement has been paid); Visas and airport duties; food in Kathmandu and Pokhara, excess baggage, use of satellite phone; tips and gratuities for trekking staff and porters. Adequate medical and rescue insurance is mandatory. Cancellation insurance is strongly advised.

For further details see the section on terms and conditions and basic understandings attached. Booking deposits of £500 will confirm your place. Full payment to be made by November 31<sup>st</sup> 2014.

We strongly advise you to make your International Flight reservations as soon as possible as flights to Kathmandu can be expensive if left too late.

**The next Medex event takes place at the Old Dungeon Ghyll Hotel in the Lake District over the weekend of 22<sup>nd</sup> November. This is a must for everyone planning on coming on the expedition or if you would like to meet up with the organisers and learn more about the expedition. Details are on the Medex web site or contact [simon@medex.org.uk](mailto:simon@medex.org.uk)**

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## Sample Itineraries for the Medical Research Expedition to Manaslu 2015

The exact itinerary will vary according to the duration of the trek and the group's abilities and experience

Day	Location	Possible side trips
1	Arrive Kathmandu	
2	Day at leisure in Kathmandu + welcome dinner	
3	Bus Kathmandu to Arughat (608m)	
4	Trek Arughat to Sotikhola (712m)	
5	Sotikhola to Machha Khola (883m)	
6	Machha Khola to Jagat (1,415m)	
7	Jagat to Pawa (!,820m)	Tsum valley trek diverts here
8	Pawa to Ghap (2,120m)	Serang Gompa 500m climb to North east of trail
9	Ghap to Sho (2,880m)	Day hike to Kal Chhuman Lake 3,574m possible
10.	Sho to Shyala (3,500)	
11	Shyala to Samagaon (3,520m) with day hike to Pung Gyen Gompa (4,120m)	
12	Rest day in Samagaon	Day hike to Manaslu base camp possible 4,600m
13	Samagaon to Samdo (3,875m)	Vantage point above Samdo 4,600m
14	Samdo to Dharmasala (Larkya Phedi) (4,460m)	
15	Dharmasala to base camp (5,000m)	
16-20	Research and possibility of climbing Larkya Peak	
21	Larkya base camp over Larkya pass (5,160m) to Bimthang (3,590m)	Day hike to Ponkar Lake (3,965m)
22	Bimthang to Tilche (2,300m)	
23	Tilche to Taal (1,700m)	
24	Taal to Geruk/Beshishahar (760m)	
25	Bus to Kathmandu	
26	Day in Kathmandu	
27	Depart Kathmandu	

## Terms and Conditions for ~Medex Trips

**1. Your contract** Your contract is with Expedition Equipment Ltd, (registered with company number 3479132), 'the Company', trading as Medex. The following conditions, together with the basic understandings for each Trip issued prior to each Trip, will form your contract with the Company. The contract, including all matters arising from it, is subject to English law and the exclusive jurisdiction of the English courts. For the purposes of these terms and conditions a 'Trip' should be interpreted as any journey or expedition undertaken by land or sea by any means of transport organised by Medex.

**2. Booking and deposit** All bookings must be made with the Company. The booking form must be completed and sent to the Company together with a non-refundable deposit of £500. By making a deposit payment and by signing the booking form, you will be accepting the terms and conditions. The Company or its agents reserve the right to decline any booking at their discretion. For bookings made within 16 weeks of the Trip departure date, full payment is required, to accompany the booking form.

**3. Balance of payment** The balance of all monies due (including inter alia any notified or known increases) must be paid to the Company 16 weeks before departure. If for any reason payment is not received by the due date, the Company reserves the right to treat the booking as cancelled by you and cancellation charges set out in paragraph 5 will apply.

**4. Prices and surcharges** The Company reserves the right at any time to alter the price of the Trip. You will be notified of any price increase before or at the time of booking. The price of your Trip may be increased after you book following a surcharge to take into account changes in the exchange rates of those countries forming part of the Trip, increases in general taxation (such as VAT or its equivalent) imposed by any country forming part of the Trip.

If the price increases by more than 10% (excluding any insurance premium and amendment charges), you may cancel the booking within 14 days of written notification of the surcharge and obtain a full refund. Failure to pay the surcharge within 30 days of the date specified on the written notification will be treated as a cancellation of your booking.

### **5. Cancellation**

**5.1 By you:** Any cancellation made by you shall be subject to a cancellation charge expressed as a percentage of the total price (including inter alia any increase) and is as follows: 56 and more days before departure: the amount of the deposit; 55-42 days before departure: 30%; 41-28 days before departure: 60%; 27-14 days before departure: 90%; less than 14 days 100%.

**5.2 By the Company:** In addition to the right of cancellation set out in paragraph 3, the Company reserves the right also to cancel a Trip at any time, for any reason. The Company will not cancel a Trip less than 21 days before that Trip's departure, except for force majeure, unusual or unforeseen circumstances beyond the Company's control. In the event of cancellation by the Company you will be entitled to a refund.

**6. Damage to equipment** Should breakages or damage be caused by you to any of the Company's equipment or any equipment hired by the Company for the purposes of the Trip, including, without prejudice to the generality of the foregoing, if you cause damage due to being under the influence of alcohol or drugs or disobeying the instructions of the Company's staff, the costs of repair must be borne by you. Additionally, you must pay the cost of any personal use of communications equipment.

**7. What the price includes and what the price does not include** See basic understandings issued for each Trip. There will be no refund for any services included in the Trip price that you decline to use.

**8. Travel and cancellation insurance** Personal travel Insurance cover is mandatory for all those participating in Trips offered as part of the Medex activity programme and participants

should arrange this themselves. It is compulsory that such insurance has a minimum cover of £500,000 which covers personal accident/ medical expenses/loss of effects/helicopter evacuation/repatriation costs/mountain rescue and all other expenses, which might arise, as a result of loss, damage, injuries, delay or inconvenience occurring to you. You acknowledge that the price of the Trip does not include the cost of any insurance. You agree and acknowledge that you will inform the insurance company of the details of the Trip. The Company accepts no liability whatever for any action or activity undertaken by you arranged independently of the Company or outside the itinerary as amended, if appropriate, by the Company and/or against the advice or instructions or orders of any member of the Company. If you decide to absent yourself in the course of the Trip you do so entirely at your own cost and risk. You agree to accept the authority and decision of the Company and any of its directors during the Trip. The Company has no insurance policy covering any liability to you.

### **9. Changes and Trip transfers**

**9.1. By you** If you wish at any time to alter your booking, we shall endeavour to make the necessary changes, but cannot guarantee to do so. We must receive written notification of your request to make any such change and you are subject to the conditions set out below.

You may transfer your booking to another person provided that a written request for such a transfer is received by the Company at any time prior to 50 days before Trip departure. This request must be accompanied by the full name and address of the person to whom the Trip will be transferred. This person must fulfil any conditions which apply to the Company's acceptance of the booking. Please note that airlines may impose 100% cancellation charges plus the cost of a new ticket. Any request to transfer your booking to another person made less than 50 days before Trip departure, will not normally be accepted.

**9.2. By the Company** The Company reserves the right without prior notice and without providing any reason to alter and/or modify and/or cancel the Trip and/or itinerary and/or departure date and/or method of transport and/or any other aspect of the Trip and the Company does not accept any liability or responsibility for any aspect of the Trip affected by such alteration and/or modification and/or cancellation. The Company does not accept any liability or responsibility for any circumstances, matters or events which are unforeseeable and/or unpredictable and/or outside its control and/or amounting to a force majeure and/or act of God. If the Company cancels the Trip it will offer an alternative arrangement or a full refund of any monies paid to the Company excluding sums already spent which cannot reasonably be recovered. No further payments will be made.

### **10. Factors outside the Company's control (Force Majeure)**

The Company will endeavour to minimise effects of matters outside its control but cannot accept any liability for these matters which shall include, but not by way of limitation, outbreak of hostilities, civil commotion, riot, riotous assembly, storm, hurricane, tempest and any other acts of God and supervening impossibilities not capable of avoidance by the Company. If any such event of force majeure occurs, the Company shall not be liable to pay any refund or compensation to you.

### **11. Limitation of liability**

a. The Company will accept liability for the negligence of its staff causing you injury or death only to the extent that it is obliged under English law. The Company shall not (subject to any statutory requirement to the contrary) be liable for any injury, death, loss or damage caused by other passengers, nor will it be liable for any uninsured losses of your property, nor for any illness, injury or death sustained during any Trip.

b. The Company accepts no responsibility for airport or flight delays but will give such assistance as is reasonable in

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supporting any valid claim you may have against the carrier. It is your responsibility to arrive at the point of Trip departure by the time specified and all costs incurred are to be borne by you

c. You shall not be entitled to any refund or compensation in the event of withdrawing during your Trip, due to health, personal or other reason. If you withdraw prior to Trip departure, the cancellation charges set out in paragraph 5 shall apply.

d. No responsibility can be accepted for variations in standard of services or facilities generally which occur after the issue of the Company's programme or due to causes beyond the Company's control.

e. The Company acts as agent for various local agents, local operators, suppliers of transport, owners and contractors and the Company does this on express condition that it is not liable or responsible for any loss, damage or injury or breaches of conduct caused directly or indirectly by such independent parties. You acknowledge and accept that when the Company is acting as an agent you are subject to the conditions of business of the aforesaid independent parties providing the particular arrangements and/or services and/or items.

**12. Authority** You agree to accept the authority, decisions and instructions of the Company's employees, representatives, and agents during your Trip. At all times the decision of the Company's representative will be final on all matters.

At all times you must strictly comply with the laws, customs, foreign exchange and drug requirements of all countries visited. Any failure to comply with the above or should you interfere with the well being of other persons on the Trip or with the Trip, or any associated expeditions, or any research or any project, the company may order you to leave the Trip without recourse to any refund and without any claim against the Company.

**13. Hazardous nature of Trips.** Medex Trips are of an adventurous nature, visiting sometimes-remote politically unstable and underdeveloped parts of the world, without the facilities and sophistication found in Western European countries. You must appreciate and acknowledge that your Trip requires considerable flexibility and should therefore allow for alternatives. The outline itinerary, as set out in the basic understandings issued for each Trip, must be taken as an indication only of places that might be visited and activities undertaken.

In addition, the Trips are potentially hazardous and may involve a significant element of personal risk and may include inter alia injury, disease, loss or damage to property, inconvenience or discomfort and you accept such risk. You specifically acknowledge and agree that the Company and its agents, directors and/or employees carry no liability for any loss, damage, injury, expense, delay or inconvenience arising from any hazard or risk.

**14. Medical Research** Many of the Trips of Medex will be undertaken in conjunction with Medical Expeditions Charitable Company in order to conduct medical research. There may be an element of personal risk involved in medical, clinical or scientific research and/or experiments and/or investigations ("Research"). You are not, nor shall be, under any duty or obligation to assist, carry out or be involved in any Research carried out during the Trip but if you assist, carry out or are involved in Research carried out during the Trip the Company shall not be liable in any respect for any damage and/or loss and/or injury and/or expense and/or inconvenience suffered by you.

**15. Age limit** Due to the recent changes in the law and the adventurous nature of the activities undertaken on Medex Trips, the minimum age for participating in a Medex Trip is 18 years at the time of your Trip departure. The Company may use its discretion when accepting people of any age group onto its Trips.

**16. Travel documents** Whilst we aim to provide you with current requirements, you shall be responsible for ensuring that you have a valid passport and visa(s) and any inoculations and vaccinations and certificates which you may be advised are necessary. Any advice given by the Company or any of its agents, directors or employees with regard to such matters is given in good faith but without responsibility on the part of the Company or any of its agents, directors or employees.

**17. Health and experience** Medex Trips can be dangerous activity and require an average level of fitness and good health. Sufficient physical fitness and health and experience are essential before embarking on the Trip and it is assumed by the Company that you have the required level of fitness and health and experience. It is your responsibility to ensure that you are sufficiently healthy and experienced enough to undertake the Trip (including for the avoidance of doubt but without limitation any activities you may undertake during the Trip). Without prejudice to the above or any other condition the Company reserves the right to order you not to attempt any particular activity if it considers that you or other persons or property may be at risk.

**18. Complaints** If you have a complaint against the Company, you must first inform the Trip leader or any other Company representative present during your Trip, so that action can be taken to remedy the problem. If you are not satisfied with their response, you should notify the Company's head office in Wales, and the Company will do its best to resolve the problem. If at the end of your Trip, you do not think that your complaint has been satisfactorily resolved, you must notify the Company in writing, submitting all details relating to your complaint, within 21 days of the end of your Trip.

**19. Severalty** Each and every clause in these terms and conditions shall be considered to be independent of each other, and if any clause, or part thereof, be deemed unenforceable, that clause or part thereof shall be severed from the other clauses or parts thereof, and those remaining shall exist intact and enforceable.

These conditions can only be waived by a director of the Company in writing.



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## Basic Understandings for Medex Medical Research Expedition to Manaslu 2015

The "Medex Medical Research Expedition to Manaslu 2015" aims to provide a rewarding and enjoyable experience for its members as well as a worthwhile contribution to mountain medicine. It is hoped that each member will participate in the planning and pre expedition activities.

All research projects will be approved by ethical committees. As far as is possible all research will be free from pain, discomfort and danger (minimally invasive).

All members will pay a fee to Medex to participate in the Expedition and a proportion of this fee will be used to help fund the medical research commissioned by Medical Expeditions (a registered medical research charity). In return Medex will provide the transport, trekking and accommodation services outlined later in these Basic Understandings.

Wherever possible Medex will assist individuals and researchers in their attempts to attract grants and sponsorship to defray their research and personal trekking costs. Medex is not, however, in a position to underwrite these costs.

Members will be able to take advantage of any discounts that may be negotiated with various manufacturers and suppliers for equipment.

All members must read and agree to the conditions laid out in the contract at the end of these Basic Understandings.

Medex will not employ mountain guides and will not provide instruction in potentially dangerous activities. All members must recognise their own level of experience and skill and act accordingly. Each member will be responsible for their own actions and must have adequate insurance (3rd party, medical and mountain rescue).

Medex is the trading name of Expedition Equipment Limited, a private limited company set up to support Medical Expeditions by running the logistics of expeditions and providing a club environment to promote interest in the research activities of the charity. Medical Expeditions is a charitable company limited by guarantee. Neither Medical Expeditions nor Medex is a commercial travel agency and neither have significant reserves nor are bonded.

### Medex (the company)

Directors: Simon Currin & Sally Currin

Medex was formed in 1997, initially to provide a route for members of the Kangchenjunga 98 expedition to purchase climbing and expedition equipment at reduced prices. Hence the corporate name is Expedition Equipment Limited. The company has now taken over the running of a club "Medex" and the logistical support for research and environmental expeditions, leaving the charitable company, Medical Expeditions, to focus on its core charitable activities.

### Medical Expeditions (the charity)

Directors (2014): James Milledge, David Collier, Annabel Nickol, George Wormald, Paul Richards, Stephan Saunders.

Medical Expeditions was formed in 1996 from the charitable company that organised the very successful British Mount Everest Medical Expedition 1994.

Medical Expeditions commissions research into all aspects of altitude related illness and promotes greater public awareness of these potentially lethal conditions.

### Organisation of the Medex Medical Research Expedition to Manaslu 2015

Expedition organisers: Simon Currin and Sally Currin

It is expected that there will be several trekking groups formed. Each group will function autonomously and will be free to develop their own itinerary. It is hoped that each group will make themselves available to the research team on arrival at base camp and prior to their departure from base camp. Data will also be collected at sea level in the UK both before and after the expedition. Members of the group will be invited to be responsible for various elements of the research programme and the group will elect a representative to liaise between group members, Medex and the Nepalese staff. Medex is not providing a guiding service and leaders will not be expected to perform any guiding or instructing role.

Simon Currin will act as Expedition Leader and will be in overall charge.

Jamie MacDonald will act as Research Leader and will, similarly, be responsible for the Research Programme and all research and logistical issues in the field.

The trekking group will comprise up to 12 members and once in the field will function autonomously and will have its own Nepalese sirdar, sherpas, cook, cook boys and porters. The group will agree its own day-to-day itinerary and will be able to liaise with the expedition organisers regarding its trekking objectives.

### Communications

Regular updates will be sent to all expedition members by email and posted on the web site.

Medex will provide basic communications. All personal radio equipment must be declared to the organisers and a permit must be obtained - through the Expedition. Medex will provide satellite communications so that outside assistance can be requested in an emergency. It is envisaged that the satellite facility will only be used in emergency.

### Safety

The Manaslu area is remote and infrequently visited. Many of the mountains in the area have had few, if any, ascents and all are higher than 6,000m. Communications with the outside world may be impossible and helicopter assistance is unlikely to be available.

Taking a group into an area such as this is undoubtedly risky and members must accept this risk. The group will be provided with an experienced Nepalese Sirdar who will act as a guide, interpreter and will take charge of the Sherpa staff. Medex cannot be responsible for the actions and decisions of the Sirdar and members will exercise their own discretion. The Sirdar will not be qualified to guide on mountains and will not be supplied with mountaineering equipment.

No member will offer professional guiding services to another members unless qualified to do so (UIAA or ABMG). Members require a high degree of self-reliance and all members must have a basic knowledge of the dangers that they face (altitude-related illness, infectious disease, avalanche etc.) Medex is happy to provide advice on the various courses that are available.

Where an individual is seen to be acting without due regard to safety the organisers reserve the right to expel that person from the Expedition.

### Money

The basic trekking price includes:

## Medex

1. A 15kg luggage allowance on trek and internal flights. This is strictly enforced by the trekking agent and the internal airlines. For international flights the limit normally 20kg.
2. About 6 nights hotel accommodation in Kathmandu/Pokhara.
3. Transport to the trailhead by land including 15 kg luggage allowance.
4. Trekking costs (depending on length of trip) with 15kg luggage allowance. Accommodation will be in a shared 2-man tent and the Nepalese staff will provide all meals. The group will have its own cook and cook boy who will provide Nepalese/Western style food.
5. Trekking permits.
6. Money paid to Medex for the trip is held in a Trust bank account and only transferred to Medex in accordance with the Package Travel Package Holidays and Package Tours Regulations 1992.

### Not included:

1. International flights to Kathmandu
2. Climbing costs other than for Larkya Peak if the additional fee has been paid.
3. Medical, travel and mountain rescue insurance (compulsory). Must cover mountaineering if planning to climb and must cover Asia.
4. Food in Kathmandu and Pokhara. This is usually fairly low cost even in the best restaurants.
5. Visas (currently \$40 or \$100 depending on duration for UK citizen)
6. Extra nights in Kathmandu or Pokhara. These can, by arrangement, be purchased through Medex at cost price taking advantage of negotiated discounts.
7. Internal airport duties and departure taxes as these have to be paid at the airports by individuals.
8. Additional baggage allowance (over 15kg) – on internal flights and on trek. Additional luggage allowance can be purchased at a price of US\$9 per kilo payable in Kathmandu.
9. Personal trekking or climbing equipment although such equipment may be purchased from certain stores in the UK taking advantage of discounts that have been negotiated by Medex.
10. Tips (gratuities) for sherpa staff.
11. Food purchased from trekking lodges or restaurants along the trail.
12. Permits to use video cameras and permits to use VHF. If either of these are required please inform the organisers in good time. A VHF permit currently is \$50 per frequency and a video permit in a national park is \$100 although this seems to vary considerably.

13. Required vaccinations.

### Medical Research

Jamie MacDonald is in charge of the research and all enquiries should be directed to them.

Research can be very expensive and Medex is not in a position to underwrite projects but it will provide both subjects and the basic infrastructure. Individual researchers must be responsible for finding the funds for their own project.

Medical Expeditions will assist individuals with their efforts to find grants and sponsorship wherever possible. Grants etc. paid to individuals will be spent by those individuals and will not be taken into account by Medical Expeditions or Medex.

Borrowed research equipment will be the responsibility of the person who borrowed it and Medex cannot accept any liability. Separate insurance should be obtained.

Medex will not accept any liability for any service or equipment purchase that has not been approved by the financial director.

### Climbing Opportunities:

The basic price covers the trekking cost only. A supplement is payable if you wish to be included in an attempt on Larkya Peak. All other peaks in the area have "expedition peak" status and are therefore subject to a sliding scale of peak fee payments. Medex will not be attempting or supporting any ascents of "expedition peaks"

### Expedition Report

A detailed report will be compiled within 9 months of completion of the Expedition setting out in detail the trekking, mountaineering and research achievements. All members will be asked to contribute a brief (500 word) account (or accounts) of some aspect of their trip. All Medical Researchers will be expected to provide preliminary accounts of their work in time to be included in the report (<6 months)

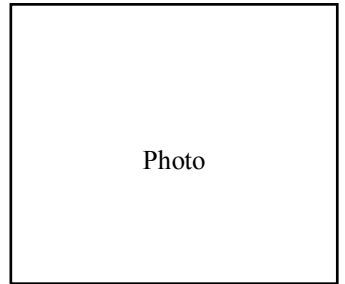
The Expedition Report will be published on the Medex Website

[www.medex.org.uk](http://www.medex.org.uk)



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## Medex 2015 Booking Forms

Only Medex Members can participate in Medex Expeditions. If you are not already a member please fill in an application form as well as the booking form and send both annual subscription and deposit.

**Duration of trip and whether Laryka Peak or not (please ring as appropriate)**

**Manaslu 4 week trip £2,300    Manaslu 5 week trip £2,500    Larkya Peak £300 extra**

Name ( as it appears in your passport): \_\_\_\_\_

Age: \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Medex Member: yes / no

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

Email: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

\_\_\_\_\_

Passport Number and nationality

\_\_\_\_\_

Name of Next of Kin and relationship:

\_\_\_\_\_

Address and phone of Next of Kin:

\_\_\_\_\_

\_\_\_\_\_

Insurance policy company/number:

**This MUST be provided to Medex prior to the commencement of the expedition**

Please ring one or more of the following if they apply to you:

**TREKKER      CLIMBER      RESEARCHER**

If a researcher please state your area of interest if applicable: \_\_\_\_\_

If planning to climb Larkya Peak please indicate previous experience: \_\_\_\_\_

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

I confirm that I have read the information and basic understandings including the full terms and conditions relating to the above Medex trip and I agree and accept to be bound by these conditions. I understand that the Expedition does not employ mountain guides.

I understand that it is my own responsibility to ensure that I have a valid passport and visa and that I have travel insurance and have had all necessary vaccinations.

I enclose a non refundable deposit of £500 payable to Medex. If sending money electronically please contact Simon Currin for details of the Medex bank account. I attach a photo of myself.

**SIGNATURE:** \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

**Amount included with the booking:**

**£\_\_\_\_\_ being deposit/full trip amount**

### VISA REQUIREMENTS:

All UK passport holders require visas to enter Nepal - it is your responsibility to obtain a visa. Nepalese embassy address: 12a Kensington Palace Gardens, London, W8 4QU (0171 229 6231). Other nationalities - please check your visa requirements. Visas can also normally be obtained on entry to Nepal and can now be applied for on-line.

### VACCINATIONS:

Please consult your doctor for vaccinations required.

**TRAVEL & MEDICAL INSURANCE IS MANDATORY FOR PARTICIPATION IN THE EXPEDITION**

**Please note that war and civil unrest may invalidate travel insurance.**