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### Himalayan High Maximum Safety Assurance Protocol

We as the team members participating on the trek \_\_\_\_\_ ( *trek name* ) in \_\_\_\_\_ ( *region* ) starting from \_\_\_\_\_ ( *start date* ) to \_\_\_\_\_ ( *end date* ) with Team Himalayan High certify that all the mandatory safety equipments listed below, which are required for any High Altitude Treks in the Himalayas are being checked by us and carried on the trek to answer the emergency requirements that may arise on the trek.

**For All Treks Above 4000 meters:**

1. Oxygen Cylinder
2. Oxygen Cylinder Mask
3. Emergency Stretcher
4. Pulse Oxymeter
5. Medical Box with all the emergency drugs ( diamox, dexamethasone and nifedipine ) and other general drugs.

**For snow treks, high pass crossing**

1. Anti Slip Ice Traction Crampons
2. Gaiters

**For Peak Summit treks or rougher Pass/ Col crossing treks:**

1. Helmet
2. Crampons
3. Mountaineering boots
4. Harness with a screw carabineers
5. Static Rope ( atleast 40 meters, 1 or 2 as required )
6. Gaiters

We have also verified the Mountaineering and Experience Certificates of our trek leader who will lead our team on the trek.

We have had a session with our Trek Leader and other members of Team Himalayan High including the local guide accompanying us on medical safety, trail safety and emergency rescue plan for the trek.

We also declare that we will abide by all the instructions given to us by our Trek Leader and cooperate with him in all respect in the best interest of the entire team's safety.

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**Date:**

**Place:**

**Trek Leader Signature:**

**Team Member Signatures ( with names ):**

- 1:
- 2:
- 3:
- 4:
- 5:
- 6:
- 7:
- 8:
- 9:
- 10:
- 11:
- 12: