**Booking form**

**Full name**

|  |  |
| --- | --- |
| First name - | Last Name - |

**Date of birth**

|  |  |  |
| --- | --- | --- |
| Day - | Month - | Year - |

**Email**

|  |
| --- |
|  |

**Address**

|  |  |
| --- | --- |
| Line one |  |
| Line two |  |
| City |  |
| Area |  |
| Post code |  |
| Country |  |

**Phone number**

|  |
| --- |
|  |

**Medical conditions (such as asthma, epilepsy, angina, diabetes etc.) or allergies and recent injuries.**

|  |
| --- |
|  |

**Name of emergency contact**

|  |  |
| --- | --- |
| First name- | Last name- |

**Phone number of emergency contact**

|  |
| --- |
|  |

**Previous Experience**

|  |
| --- |
|  |

**Chosen route / date(s)**

|  |
| --- |
|  |

**Names of other participants (each person must fill out a forum)**

|  |
| --- |
|  |

The total balance of your trip is due three weeks in advance. The trip will be booked when we confirm the dates and upon receiving this booking form plus a deposit of £80 or full payment, see below for more information.

**Terms and conditions**

If I cancel the trip (a) more than 3 weeks before the start date I will receive a full refund but no deposit, (b) less than 3 weeks before the start date I will receive no refund. If Alba Ascents cancels I will receive a full refund of the amount paid or a trip on different dates.

I agree.

I understand Alba Ascents will provide a qualified, experienced, insured and suitable guide or instructor. The deposit payment secures this booking. The guide/instructor is responsible for the delivery of the activity.

I understand.

I am aware it is my responsibility to obtain cancellation insurance and personal accident insurance prior to the start of the course. All participants are fit enough for the course and will abide by the safety regulations given to them. I am aware that mountain sports are hazardous, and I accept an element of risk of injury.

I understand.

**Kit List**

Weather conditions can change rapidly in the mountains, so it is important to be well prepared.

**Clothing**

Warm fleece.

Thermal base layer top – polyester or woollen, no cotton.

Walking trousers – no jeans.

Spare fleece or synthetic insulating layer.

Waterproof jacket and trousers.

Warm hat and gloves (spare gloves recommended).

Sun hat.

Walking boots – three seasons with ankle support.

**Other equipment**

Rucksack – roughly 25 litres.

Lunch and spare food.

1 litre flask or water bottle.

Whistle (recommended).

Walking poles (recommended but not essential).

Sunglasses.

Sun cream.

Mobile phone in a waterproof case.