

CLIMBER'S DECLARATION FORM (LABAN RATA 3,200M CLIMB)

CLIMBING DESCRIPTION

Climbers must be aware of, and be able to understand the following details in order to consider their ability to participate in the climb :

- 1) Mt. Kinabalu climb is considered very physically challenging.
- 2) Temperatures can vary from 15 to 24 degrees celsius at Kinabalu Park, from 6 to 14 during the trek and can reach 2 degrees celsius at the Laban Rata Plateau. Temperatures can be much colder at night and depending on the weather (windy or rainy, etc) condition.
- 3) Climbers will be ascending to a height of approximately 3,200 meters at Laban Rata Plateau.

4) Climber's must be prepared to:

- a) Trek uphill or downhill in cold or hot and humid environment (depending on the weather conditions) crossing through narrow, steep, rocky, un-settling and muddy trail for up to 8-10hours or more (depending on climber's physical ability).
- b) Trek through wet conditions especially during or after a heavy downpour, expect slippery conditions.
- c) Trek without safety harnesses, rappelling equipment or any such related equipment.
- d) Carry own backpacks, personal items, packed meals and up to two litres of water during the climb as it is advised not to drink from un-treated water sources on this mountain as well as extra sources of food such as nuts, energy bars, etc. (A porter can be hired at an additional cost)

5) Climbers must ensure that they do / are / will be:

- a) Medically fit or in an above average physical condition and are able to climb to an altitude of above 3,200 meters above sea-level. It is encouraged that all climbers have themselves medically checked before attempting the climb.
- b) Understand that this climb is suitable for ages 12 and above.
- c) Fit to withstand mild to moderate adverse weather and elevation conditions associated with climbing at the height stipulated.
- d) Not pregnant at the time of climb.
- e) Adhere to the suggested packing / things-to-bring list provided.
- f) Adhere to the instructions of the Mountain Guide or Park Authority Personnel during the climb. Safety is always the priority and should they feel that it is not safe to continue the climb for any reason, their decision must be respected. Should this be the situation there will be no refund in part of in full for your climb.
- g) Understand and adhere to the Mount Kinabalu Climb Preparation & FAQs AND Important Information for Climbers on links already provided within booking correspondences:
<http://www.mountkinabaluborneo.com/mount-kinabalu-climb-preparation-faq/> AND
<http://www.mountkinabaluborneo.com/important-information-for-climbers/>
- h) Understand that this program is weather dependent hence climb up to Laban Rata in a day is possible should the weather be favorable on the day and ranger states that it is safe to climb. Should it not be possible to start the climb due to weather, a refund of RM 100 per person will be issued and climbers are free to explore the various trails at Kinabalu Park instead for the day. Once climbers have started the climb from Timpohon Gate and climb is deemed not safe to continue, no refund will be issued.
- i) Understand and adhere to the following rules and regulations set by Sabah Parks (government authority) for Day Climbers:

- 1) Climbers have to stop the ascent when they did not catch the time limit 1100hrs at Layang Layang Hut and compulsory descent and return to park headquarters.
- 2) Climbers must reach to Laban Rata Plateau by 1230hrs and compulsory to descent from Laban Rata at 1300hrs.
- 3) Climbers must return to Timpohon Gate before 1630hrs.
- 4) Climbers need to follow any advices that recommended by the mountain guide during the climb for safety reasons.

6) Climbers are encouraged to:

- a) Have themselves medically checked before attempting the climb. If you have a history of suffering from the following ailments, it is highly recommended that you should refrain from climbing : Hypertension, Diabetes, Palpitation, Arthritis, Heart Disease, Severe Anemia, Peptic Ulcers, Epileptic Fits, Obesity, Chronic Asthma, Muscular Cramps, Hepatitis (jaundice), or any other disease which may hamper the climb.
- b) Participate in physical or outdoor activities prior to climb. Here are some suggestions from the Alpine Guides Association:
 - b1) A good amount of outdoor cardiovascular exercise (power walking, cycling, running, mountain biking, etc) and getting out for long days in the hills whenever possible is great preparation for your climb.
 - b2) We recommend all climbers take cardiovascular sports at least twice a week, with each session being a minimum of 2 hours in duration at a medium intensity.
 - b3) Fitness training should begin 2-3 months leading up to your trip, this way you should be well prepared.

I have read and understood the Climbing Description above and understand the risk and conditions of the activity I will be undertaking.

Signature

Date

Signature or Parent or Guardian

Date

