



Application cum Willingness Form for AAI All India Trekking Expedition 2018 to Goecha-La in Sikkim from 25.10.2018 to 06.11.2018

(Group 1/Group 2/Group 3) (Please tick the group No.)

Paste Self
attested
passport size
photograph

1. Name : _____
2. Designation : _____
3. Employee No. : _____
4. Male / Female : _____
5. Place of posting : _____
6. Region : _____
7. Date of Birth : _____

8. Emergency Contact detail : Name: Contact No.

9. Kit size : Track Suite Size:- T-Shirt Size: 10. VEG / EGG / NON-VEG
[Small (36) / Medium (38) / Large (40)/ Extra Large (42)/ Extra Extra Large (44)]

Undertaking

I S/o / D/o / W/o
Employee No..... R/O
..... is willing to participate in the Trekking Expedition to Goecha-La (15,100ft.) in West Sikkim from 25.10.2018 to 06.11.2018.

Signature of the applicant :

Name of the Applicant :

Designation :

Place of Posting :

Mobile / Contact No. :

Official Email ID :

Recommended by HOD/APD :

Regional Secretary/President, RSCB/SPBs/ASCB:.....



Personal Medical Record

Name: S/D/W of

Age:Height in meters:..... Weight (in Kg):..... BMI (Kg/meter²):.....

Official Email ID : Mobile No.:.....

{ How to calculate BMI : BMI = X Kg / (Y mtr x Y mtr) where X is weight in Kg and Y is height in meters. or Body weight in Kilogram divided by height in meters squared}

1. Do you have any previous exposure to high altitude treks? (If yes, please mention the name of the trek and altitude gained).

SL	NAME OF THE TREK	YEAR	ALTITUDE GAIN (Ft)
I			
II			
III			

2. Did you encounter any health related problems on your previous trek?

.....
.....

3. Any previous illness-Past 3 months (mention the nature and duration of illness)

.....

4. Any previous injuries- past 6 months (accident/sprain/fracture etc.)

.....

Present condition:.....

5. Any operation undergone-past 6 months (mention the nature and result of operation)

.....
.....

6. Are you under medication of any kind? If yes please mention details and medicines being taken

.....



7. Do you have any drug allergies?
.....

8. Do you have any history of breathlessness (yes/No) :.....

9. Do you have any history of chest pain (yes/no) :

10. Have you ever suffered from Asthma or pleurisy (yes/no) :

11. Any history of Giddiness or fainting attacks (yes/ no) :

12. Any history of Epilepsy or any other fits (yes/no) :

13. Any history of Palpitations (yes/no) :

14. Any history of Dysentery or Jaundice (yes/no) :

15. Any history of recurring pain in the abdomen (yes/no) :

16. If there is any other information related to your health that would be useful to us in the case of emergencies, please mention them below:-
.....

Icertify that the information mentioned above is true and correct to the best of my knowledge. I have not hidden any medical condition and have disclosed all my medical information to Airports Authority of India which will be useful to them in the case of any emergency.

Place:

Signature :

Date:

Name :

Designation :

Employee No.:

Station :

Mobile No. :



Disclaimer and Declaration

(To be filled in by the participant)

The Goecha-La Trek route in the Himalayas has its share of risks and dangers, especially with respect to the terrain, weather, high altitude and desolate nature.

On a trek, altitude related issues / accidents can cause one to fall ill, get injured or may even lead to death.

I hereby declare that my participation in this trek is completely voluntary, and I am fully aware of the risks involved. **I shall not hold Airports Authority of India wholly or partly responsible in case of any accident, illness, injury or death on the trek.**

Signature :

Name :

Designation :

Employee No. :

S/D/W of :

Place :

Date :

Emergency Contact Information

(Enter the details of the emergency contact – family member only)

Name: Relationship:

Mobile No..... Landline :

Green Pledge

I Promise to be a responsible trekker and leave the mountain trails in a better condition than I find them. I will not pollute the trails, camp sites or water bodies. I will bring back “all” my own waste. As my contribution to leave the trail in a better condition, I will participate in activities to undo damage done by others to the environment.

Name: **Signature:**



Medical Certificate

(To be filled in by a registered medical practitioner only)

Participant's Name :

Age :

Blood Group:

Height (Mt) :

Weight (Kg) :

BMI :

PASTE PASSPORT
SIZE PHOTOGRAPH

Medical Conditions	Comments
Does the participant suffer from any chronic disease: If Yes, please mention details.	
Is the participant under medication of any kind? If yes, please mention the details	
Respiratory rate at rest	
Blood Pressure reading	
Overall physical fitness	
Any drug allergies	
Any other information related to the health of the participants that would be useful in emergencies.	

I have medically examined Mr. / Ms on (date) and found him/her fit to undergo a trekking expedition in the high altitudes of Himalayas. As per history and clinical examination he/she is not suffering from any chronic disease or any other ailment that can be a deterrent to a high altitude trekking expedition.

.....

Signature of the applicant

Date:

Place :

.....

Signature of the Doctor with seal

Name of the Doctor:

Registration No.

Contact No.



About the Trek: Goecha La is a high mountain pass in the Eastern Himalaya range. Trail of Goecha La, located in Sikkim, was for ages used by the locals to transfer the produce using Yaks. The Yuksom – Dzongri – Goecha-La trek route, nestled in the vibrant Kanchenjunga National Park, offers wide variety of flora and fauna. Along with Mighty Mt. Kanchendzonga 8585m - The third highest mountains in the world, some of the colossal peaks which can be seen during this trek are Mt. Pandim 6691m, Mt. Kabru north 7338m, Mt. Kabru south 7317m, Mt. Simvo 6811m, Mt. Kabru Dome 6600m, Mt. Rathong 6679m, Mt. Kokthang 6147m. The trek starts from Yuksom, the ancient capital of Sikkim, and the pinnacle, Goecha-La View Point, is at 15,100 Ft.

The difficulty level of Goecha La trek is moderate to difficult. The dramatic change in the weather, combined with quick altitude gain makes it a challenging trek. Sound health, good physical fitness, stamina & endurance are the prerequisite for the participants in this trek.

Reporting & Relieving : All the participants are required to report at Yuksom Base Camp by 18:00 hrs on the reporting date. Nearest rail station **New Jalpaiguri** and **Bagdogra airport, West Bengal**, is at a distance of 152 kms and 156 kms respectively. It takes around 6 hours to reach Yuksom from Bagdogra via Jorethang. In order to facilitate the journey of the participants upto basecamp, pickup facility has been arranged from Bagdogra airport. On reporting dates, the first cab of the day will leave Bagdogra Airport at 09:30 hrs and the last one at 12:00 hrs. or the arrival of last participant, whichever is earlier. Participants are requested to plan their travel itinerary accordingly. **Availing this pickup facility is mandatory, as the participants will not get any Travelling Allowance (TA) for their journey from Bagdogra to Yuksom & return.** On relieving date, participants will be relieved after breakfast. Keeping in view the journey time, participants are requested to book their return train/ air ticket from New Jalpaiguri / Bagdogra having “Departure Time” after 17:00 hrs. on the relieving date.





Program Itinerary

DAY	FROM	TO	REMARKS
DAY 1	Reporting at Yuksom Base Camp (5,700 Ft)		Reporting at Yuksom Base Camp by 18:00 Hrs. Pickup from Bagdogra Airport 09:30 Hrs onward. Last cab will leave Bagdogra Airport by 12:00 Hrs.
DAY 2	Acclimatization Program at Yuksom		Acclimatization program & Fitness Check up, Interactive session on basic trekking rules & skills. Inaugural Program.
DAY 3	Yuksom (5,700 Ft)	Sachen (7,200 Ft)	8 kms of trek through forest with frequent ascent & descent
DAY 4	Sachen (7,200 Ft)	Tshoka (9,650 Ft)	7 kms trek through forest once again. Gradual ascend followed by descend to the river bridge and the continuous ascend to Tshokha.
DAY 5	Tshoka (9,650 Ft)	Dzongri (12,980 Ft)	~ 10 kms trek through rocky & wooden trails. Steep ascend till Deurali Top, after which the remaining 2 kilometers is gradual ascend.
DAY 6	Dzongri – Dzongri Top (13,675 Ft) – Dzongri la (14,025 Ft)- Dzongri		After a short trek to Dzongri top to witness the sunrise, we descend down to have breakfast. After that we take a hike till Dzongri La & comeback to Dzongri for overnight stay.
DAY 7	Dzongri (12,980 Ft)	Thansing (12,894 Ft)	The day's trek (around 8 kms) include firstly ascent and crossing a small pass to peep into the another valley. Then a very sharp descend about a kilometer to Kokchurong to the Prek Chu river. After that gradual ascend through the forest to the meadow of Thansing.
DAY 8	Thansing – Goecha-la View Point (15,100 Ft) - Thansing		We trek upto Goecha la view point to experience the sunrise. While returning, enjoy the beauty of Samiti Lake & comeback to Thansing.
DAY 9	Thansing (12,894 Ft)	Tshoka (9,650 Ft)	12 kms trek through gradual ascent & descent amidst Rhododendron forest
DAY 10	Tshoka (9,650 Ft)	Yuksom (5,700 Ft)	15 kms trek, a descent to the Base camp.
DAY 11	Relieving from Yuksom		Participants will be relieved after breakfast. Drop by car at Bagdogra Airport / New Jalpaiguri Station.

Seat Allocation

Date wise schedule of Goecha-la Trekking Expedition and seat allocation for constituent Boards													
Sr. No.	Group No.	Reporting at Yuksom	Relieving from Yuksom	NR	WR	SR	NER	ER	SPB CHQ	SPB CATC	ASCB Chennai	ASCB Kolkata	TOTAL
1	I	25.10.2018	04.11.2018	5	5	4	3	4	3	2	3	3	32
2	II	26.10.2018	05.11.2018	5	5	3	4	3	2	2	3	3	32
3	III	27.10.2018	06.11.2018	5	5	4	4	4	3	2	3	3	31
TOTAL				15	15	11	11	11	8	6	9	9	95



(A) PERSONAL ARTICLES MANDATORY TO BRING WITH YOU FOR THE TREKKING EXPEDITION

SL	NAME OF ITEMS	QTY	SL	NAME OF ITEMS	QTY
1	TREKKING SHOES (Hunter shoe) : Proper trekking shoes (not sports shoes) with good grip and ankle support are required .	01 Pair	13	TOILETRIES: Sunscreen, moisturizer, lip balm, soap paper, toilet paper, toothbrush, toothpaste, hand sanitizer.	As required
2	FULL SLEEVES SHIRT / T-SHIRT (QUICK DRYING)	03 Nos	14	SNOW GOGGLES / SUN GLASSES	01 No
3	TROUSERS (QUICK DRYING TYPE)	02 Nos	15	WATER BOTTLE	01 No
4	FULL SLEEVES SWEATER	02 Nos	16	KITTOS / SLIPPERS	01 Pair
5	DOWN / HOLLOWFILL / PADDED JACKET	01 No	17	Pocket Knife	01 No
6	THERMAL INNER (UPPER + LOWER)	01 Set	18	STEEL/ PLASTIC MUG FOR DRINKING	01 No
7	SOCKS	03 Pairs	19	STEEL / PLASTIC PLATE	01 No
8	WOOLEN SOCKS	02 Pairs	20	SPOON	01 No
9	FLEECE UPPER	01 No	21	WRITING MATERIAL	
10	TOWEL (LIGHT WEIGHT – QUICK DRYING)	01 No	22	PLASTIC COVERS: for packing. Carry few extra plastic bags for wet clothes.	As required
11	UNDER GARMENTS	As required	23	TORCH (HEAD-LAMP is preferred) with spare batteries.	01 No
12	GLOVES	01 Pair	24	SEWING KIT	

(B) FOLLOWING ITEMS WILL BE PROVIDED BY THE ORGANISER FOR EACH PARTICIPANT

- TRACK SUIT – 01 Set
- T-SHIRT – 01 No.
- CAP – 01 No.

(C) FOLLOWING ITEMS WILL BE MADE AVAILABLE DURING TREKKING FOR EACH PARTICIPANT

1. RUCKSACK – 01 No.
2. PONCHO – 01 No.
3. TREK-POLE – 01 No.

(The items mentioned in point (C) are taken on hire and for use during trekking only. Participants are requested to return these items in good condition after trekking)

MANDATORY PERSONAL MEDICAL KIT

Participants are required to carry basic medicines for fever, headache, diarrhea, vomiting, antacids, Crepe Bandage (01), Band aid (10), Cotton (01 small roll), ORS (05), antiseptic lotion/cream, Pain Spray.

One should also carry Diamox – 10 tablets (to prevent AMS).



MANDATORY DOCUMENTS

Please carry the below documents. Duly filled in and signed Document Nos. 4 and 5 need to be handed over to the organisers at the base camp. Document Nos. 1 & 3 is mandatory for the Permit to enter Kanchenjunga National Park. Please note that, being a remote place, Yuksom Base Camp does not have any photocopying facility. So, make sure to bring the specified number of photocopies along with the original documents.

1. Original and photocopy (03 Nos.) of government photo identity card- (Aadhar, voters ID, etc.)
2. Original and photocopy of Official Identity card
3. Three colored passport size photographs
4. Medical Certificate and Disclaimer (to be filled by the Participants)
5. Medical certificate (to be filled by a doctor) – Original
6. Relieving Order from respective station of posting

DOS AND DON'TS

- Participants shall maintain good physical fitness before the trekking.
- As the trekking involves long hours of walking through rocky terrain, participants should wear good quality trekking shoes.
- During the Trek, accommodation will be provided in tents with sleeping bag and carry-mats. On the higher altitudes temperature during night will drop to sub-zero level. Participants should be prepared to adjust with harsh weather conditions and limited option of food items.
- Participants may kindly note that, use of intoxicants in any form is strictly prohibited. The defaulters will be sent back immediately and matter will be reported to their competent Authority.
- Do not deviate from the trek path.
- Use proper clothing: Use layers of clothing rather than wearing single heavy clothing.
- Drink water at regular intervals in little amounts. Use your water reserve judiciously. Do not empty your bottle till you reach a water point or camp site.
- Participants will have to carry their own rucksack. So maintain optimum weight of your backpack. Neither carry unnecessary items nor leave any necessary items behind.
- Do not use ear/head phones and mobiles while trekking. Use them only during rest period.
- Do not try to compete with fellow trekkers while trekking. Remember, trekking is not a competition, you are here to enjoy the trail and surrounding nature.
- Do not jump/run over rock patches. Keep gentle footsteps. Keep slow, small and baby footsteps while descending. Remember, any injury/incident/ accident to you will spoil the spirit of the entire team.
- No Photography of villagers without their permission. Respect the sentiments of the locals, specially regarding religious places and rituals.
- Usage of Perfume/ body spray may cause honeybee attacks. Do not use these items during trekking.
- Follow the safety instructions of the group leader and use safety equipment as per the directions. Do not stay/walk very closer to your co-trekkers while walking on the risky portions.
- Complete your phone calls & gadget charging at Yuksom, as Electricity & Mobile Network will not be available after that.
- Finally, do not litter. Keep nature clean. Instead collect any plastic waste found en-route and handover it to base camps.
- Follow the above instructions very strictly.