2nd Annual Ice Climbing Festival

Climbers, novice to pro, are invited to join us for big fun in the big frozen waterfalls outside our doorstep in the shadows of the Annapurnas from February 1 - 10, 2020.

At 3 200m Humde, Manang sets the annual scene for the Ice Climbing Festival co-hosted by the Nepal Climbing Team and the Nepal Mountaineering Association with the support of Visit Nepal 2020 Secretariat.

Throughout the festival IFMGA instructors will lead interactive and educational climbing clinics to accommodate every skill level and ensure safety is a priority. While Humde is developing as a winter sport mecca between climbs there will be opportunities for skiing, participate in archery, local dance and cultural activities.
Ice Climbing Festival International Participant Registration Fee Coverage

What is Included with Ice Climbing Festival Registration?

● Annapurna Conservation area entry permit and Trekking Information Management System (TIMS) Card
● Local transportation (Kathmandu - Manang; Manang - Kathmandu)*
● 9 nights shared Tea House accommodation
● Group gear
● 3 fixed meals / day
● Ice climbing instruction
● Group first aid kit supplies

What is Not Included with Ice Climbing Festival Registration?

● Personal gear (as noted in the provided Gear Packing Checklist)
● Personal insurance / Heli Evacuation
● International travel
● Nepal visa costs nor procurement
● Personal drinks and snacks (e.g. tea, coffee, soft drinks, alcohol, chocolate)
● Telephone use
● Wifi
● Shower

The Ice Climbing Festival Registration Fee is $350 USD. The fee must be transferred into the Nepal Investment Bank in full no later than January 15, 2020.

* transportation is impacted by the weather. As necessary, participants may need to trek to/from festival location.
Ice Climbing Festival Gear Packing Checklist

- Helmet*
- Harness*
- Crampons* (Technical)
- Alpine Boots
- Ice Tools*
- Belay Device
- Cowtail (personal safety)
- Locking Carabiners
- Ice screw (8 if available)
- Quick draws (8 if available)
- Rope (if available)
- Gore Tex jacket
- Down jacket
- Gore Tex pants
- Wool socks
- Hiking boots
- Hiking or mountaineering gaiters
- Trekking/ski poles
- Microspikes
- Thermal tops
- Thermal leggings
- Lightweight thermal gloves
- Wool Hat
- Buff
- Googles (quality ones for strong UV light at altitude)
- Sunglasses with UV protection
- Sleeping bag
- Headlamp and spare batteries
- Daypack (35-40 litres)
- Water bottle
- Footwear appropriate for inside Tea House
- Toiletries (e.g. toilet paper, soap, toothpaste, hand sanitizer, moisturizer)
- Wash towel
- Suncream
- Personal First Aid kit and medication
- Water purification tablets
- Personal charging devices (e.g. power bank)
- Thermos
- Personal snacks (e.g. energy bars, electrolytes, hot chocolate)
- Camera (extra memory cards and batteries)

*Noted gear is available for rent prior to departure from Kathmandu. Participants are responsible for requesting rental gear by direct mail at the time of registration and make rental payment prior to departure on February 1, 2020.
**Ice Climbing Festival Registration**

Due to the environment and physical nature of the Manang Ice Climbing Festival participants should be in good health and physically fit. The information on this form is necessary for permits, is held confidentially and provides us with helpful information to best serve you and ensure a safe and enjoyable experience.

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<thead>
<tr>
<th>Name (given; surname):</th>
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<tbody>
<tr>
<td>Nationality:</td>
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<tr>
<td>Passport Number:</td>
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<tr>
<td>International Telephone (include country code):</td>
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<tr>
<td>Local Telephone:</td>
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<tr>
<td>Emergency Contact:</td>
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</tbody>
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**Insurance**

Ice Climbing Festival organizers will not pay for any rescue or evacuation.

It is up to each participant to have health insurance that includes Nepal. It is the participants’ responsibility to ensure travel insurance covers all emergency hospitalizations and emergency evacuation back to your home country.

<table>
<thead>
<tr>
<th>Insurance Provider:</th>
<th>Insurance Policy Number:</th>
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</thead>
<tbody>
<tr>
<td>Emergency Contact Name:</td>
<td>Relationship:</td>
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<tr>
<td>Emergency Contact Phone (include international dialing code):</td>
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<td>Emergency Contact Email:</td>
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Blood Type:
To complete registration, including Annapurna Conservation Area entry permit and Trekking Information Management System (TIMS) Card requirements participants are required to:

1. forward the Registration form completed in full.
2. forward a PDF copy of their passport.
3. Transfer the $350 USD Manang Ice Climbing Festival Registration Fee in full no later than January 15, 2020:
   - **Bank:** Nepal Investment Bank, Durbarmarg Branch
   - **Account Number:** 00101010027422
   - **Swift code:** NIBLNPKT
   - **Beneficiary:** Nepal Mountaineering Association