

The 2nd Annual Ice Climbing Festival Local Participant Registration

The Nepal Mountaineering Association (NMA) and Nepal Climbing Team (NCT) are pleased to host the 2nd Annual Ice Climbing Festival in Humde, Manang from February 1 - 10, 2020.

What is Included with Ice Climbing Festival Registration ?

- Local transportation (Kathmandu - Manang; Manang - Kathmandu)*
- 9 nights shared Tea House accommodation
- Personal insurance
- 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 drinks and snacks (e.g. tea, coffee, soft drinks, alcohol, chocolate)
- Telephone use
- Wifi
- Shower

* transportation is impacted by the weather. As necessary, participants may need to trek to/from festival location.

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.

Name (given; surname):	
Nationality:	
Passport Number:	Passport Expiry:
Local Telephone:	
Emergency Contact:	
Emergency Contact Name:	Relationship:
Emergency Contact Phone:	
Emergency Contact Email:	
Blood Type:	

To complete registration, along with this form completed in full, ***prior to January 15, 2020***, participants are required to:

1. Bring a photocopy of your Nepal Nationality Card to the NMA office.
2. Bring 3 passport sized photos for insurance coverage to the NMA office.
3. Transfer the 15 000 NPR Manang Ice Climbing Festival Registration Fee *in full to:*

Bank: Nepal Investment Bank, Durbarmarg Branch

Account Number: 00101010027422

Swift code: NIBLNPKT

Beneficiary: Nepal Mountaineering Association

Manang 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
- Goggles (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.

All queries regarding the 2nd Annual Ice Climbing Festival should be directed to: nepalclimbingteam@gmail.com