

ACTIVITY DATA SHEET

HIGH MOUNTAIN



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Limitations and/or restrictions of the activity to participants such as: physical condition, age, health and others.

Minimum age: 18 years old, maximum: 70 years old (variable).

Prior to the activity the required medical file must be filled out and specify health problems such as: diabetes, hypertension, pregnancy, cardiovascular problems and/or recent injuries among others, to evaluate if the client meets the basic requirements to participate in the activity. As for the load limits per client this will depend on their age and fisiology, it will also go through an evaluation by the guide in charge. In no case shall the weight carried in the backpack exceed 40% of the body weight.

Experience and technical capacity required of participants

Previous experience in trekking and/or mountaineering activities is required.

You must have the physical capacity to carry a backpack of 60-80 liters in certain sections during the approach, since the muleteers and mules arrive only up to the sector of Las Lajas at 3,800 meters above sea level, from this sector onwards each participant must carry their own backpack and equipment. You must be in good health for the activity.

Age of participants

Minimum age of participants

16

Maximum age of participants

70

Indications of clothing and personal equipment to be provided by the participants, individually.

Indication of clothing and personal equipment to be used by the guides individually

Balaclava or mountain pass

Bandana.

Gloves and mittens (first and second layer).

Sunglasses or goggles

Windbreaker jacket

Windbreaker pants or pants cover

Down jacket

First layer (T-shirt and pants)

Second layer (fleece).

Winter trekking pants or thick pants.

Sunscreen factor 50+ Face and lipstick.

Personal backpack to climb to the summit (25 to 30 liters).

Headlamp of 300 lumens or more, with batteries and/or charged.

Down sleeping bag ideally -30°.

Mattress

Backpack 65 to 80 liters or duffel for the equipment

2 water bottles (nalgene 1 liter or liter and a half)

Helmet

Walking ice axe

Crampons

High mountain jacket

If you do not have any of these items, Allmountain can provide them for an extra charge, except for those included in the full itinerary.

Availability of insurance

Broker Insurance Travel.

Detail the services included in the activity

-Transportation (4x4 all terrain vehicle).
-Guided (technical guides in Adventure Tourism, graduates of Duoc UC institute, certified with first aid course in remote areas WFR 80 hrs; Leave No Trace course)
-Food (breakfasts, lunches, eleven, dinner, walking ration), vegetarians and / or diabetics must inform through their medical fixed their preference in terms of food and a snack lunch and eleven suitable according to their condition is prepared for them.
-Travel assistance insurance and seat insurance (vehicle authorized by decree 80) - Complete first aid kit: This kit has the necessary elements to attend an emergency case. For example: gloves, serum fisiological, oximeter, etc.
-The "Briefing" (talk in which the guide delivers the instructions regarding the activity) is included: the guide must verify that everyone knows the activity plan and its degree of risk, and if the entire group really agrees or feels confident to perform the activity, he must ensure that all clients have signed the risk acceptance form, a general review must be made with the clients regarding time, departure, route, instructions, etc., making sure of the conditions of the equipment that will be needed. The guide must check that each member of the group has the necessary equipment, both personal and group, before starting the activity and redistribute the weight if necessary, and ensure that everyone handles the minimum acceptable emergency or contingency plan and that they know safety techniques.
-Safety talk: the guide gives instructions on how to carry out the activity safely and also to guide the group in case of an accident. The guide explains clearly about the risk situations of the activities or programs to be carried out, within this talk the guide gives a small guideline to follow in case of misplacement (getting off the trail staying behind etc.), which indicates to stay in the same place where you were with the group the last time until someone arrives in search of you.
-The "Debriefing" is included : the guide makes the closing of the activity, where clients are allowed to give feedback regarding the activity.
-Mountain cook
-Set up and dismantling of camps.
-Muleteer and mules

Detail of services not included in the activity

All included in Full Plan.

Indication of the actions to be followed by the participant for the proper development of the activity.

-Listen and follow all the instructions given by the guide in charge at the beginning and end of the activity. The guide's instructions are: -Customers must never overtake the guide or leave the trail during the activity. -The group must stay together.

-In case of any doubts or questions, there must be clear communication between the guide and the client.

-In the resting places the group must remain united and in case of any basic need (urinating, defecating) the client must inform the guide and indicate the place to which he/she is going. If this situation should arise during the tour, the clients or guides should let the group know so that they can wait and then continue the activity normally.

-Clients must carefully read, sign and accept beforehand the risk conditions of the activity to be performed, which will be delivered together with the medical certificate.

Number of participants

A. Minimum

1

B. Maximum

6

Number of guides for the minimum number of participants selected above

1

Number of guides for the maximum number of participants selected above

2

Languages in which the activity is carried out

Spanish

English

Does the development of the activity include transportation?

Yes