

## ACTIVITY DATA SHEET

# HIKING - TREKKING



[WWW.ALLMOUNTAIN.CL](http://WWW.ALLMOUNTAIN.CL)



Aspirant Member





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

Minimum age: 15 years old, maximum: 70 years old (variable). In case of minors, they must have permission from their parents or guardians to attend the activity. This permission is done through a simple document/form sent by our company once the reservation is confirmed.

Prior to the activity, the required medical file must be filled out and specify health problems such as: diabetes, hypertension, cardiovascular problems and/or recent injuries among others, in order 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.

From 14 to 16 years old, which is the age range of our clients, the backpack should not weigh more than 15 kg and for periods no longer than 90 minutes. In no case should the weight carried exceed 40% of the body weight.

**Experience and technical capacity required of participants**

No experience or technical capacity is required.

**Age of participants**

**Minimum age of participants**

15

**Maximum age of participants**

70

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

First, second and third layers; sunglasses; sun/cold hat; gloves; trekking shoes; sun block; 2 pairs of socks.

Backpack of 20 to 30 liters, headlamp (in case of emergency), personal first aid kit (specific remedies for each person).

It is recommended to bring a change of clothes.

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

First, second and third layers; sunglasses; sun/cold hat; gloves; trekking shoes; sun block; 2 pairs of socks.

Backpack.

Headlamp.

First aid kit.

VHF radio.

GPS.

Satellite phone.

### Insurance availability

Adventure Travel Insurance

Broker Insurance Travel.

### Services included in the activity (may vary according to: chosen program, season of the year, place of the activity)

Transportation (4x4 all terrain vehicle).
Guided (technical guides in Adventure Tourism, ASP-IML UIMLA, certified with first aid course in remote areas WFR 80 hrs; Leave No Trace course).
Food (snack, lunch, eleven), vegetarians and / or people with allergies, food preferences, should inform through their medical ficha their preference in terms of food and they are prepared a snack lunch and eleven (depending on the hours of duration of the activity), appropriate according to their condition.
Insurance for adventure tourism activities.
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 knows 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 the clients are allowed to give feedback regarding the activity.

### Services not included in the activity

Lodging (we do not include lodging service since the hiking or trekking activities are for the day)
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**Actions to be followed by the participant for the proper development of the activity**

Listen and follow all instructions given by the guide in charge at the beginning and end of the activity. The guide's instructions are: -Clients must never overtake the guide or leave the trail during the activity. -The group must stay together. In case of any doubt or question, there must be clear communication between the guide/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 in advance 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

**Other relevant requirements or conditions for the performance of the activity**

People should have comfortable clothing and footwear, suitable for hiking or trekking. For example: first and second layers, if possible waterproof clothing, etc.

Participants must be in good health at the time of the activity and must not present obvious signs of alcohol or drug intake.

Young people between 7 and 17 years old must have simple authorization from parents or guardians.

**Languages in which the activity is carried out**

Spanish

English

**Does the development of the activity include transportation?**

Yes

**Number of vehicles to be used**

2 or more, depending on the number of confirmed participants per activity.

**Brand of the vehiculo**

Toyota

Mitsubishi

**Model of the vehicle**

4Runner Sr5 4x4
L200 4X4

**Year of the vehicle**

2015
2022

