



OSHWAL YOUTH LEAGUE

P.O. Box 42394, 00100 GPO Nairobi, Kenya
Email: oyl.nairobi@gmail.com

Mt. Longonot hiking trip 2015

REGISTRATION FORM

Oshwal youth league is organizing an adventurous day trip to Mt. Longonot. The trip will be held on the 14th June 2015. Charge for the trip is Kshs 1,500/- only, this includes transport to and from Mt Longonot. Also included in the charge is a light lunch; however those who require snacks and other soft drinks or water are advised to carry them.

NB: Park Fees are EXCLUDED and are at participants own cost at the park gate. Ensure to bring proper Identification (ID/ Passport/ Student ID (for those below 18 years)) to be shown at park gate.

Participants are requested to kindly assemble at the Oshwal Centre by 5:30 am and we are expected back by 6:00 pm in the evening on the same day.

Items to carry can include and are not limited to: Raincoat, sport/hiking shoes, water, extra pair of clothes, water (please carry 2 litres minimum), snacks for the road, energy drinks, chocolates and A JOVIAL MOOD.

Please disclose any health conditions and medication for the same. Disclosures will remain confidential and it is for your own safety. Also carry your own medication.

For any other information about the trip kindly contact:

Nirav Shah: 0728 031 220 – oylhiking@gmail.com

Ayush Shah: 0706 364 099 – oylhiking@gmail.com

Forms to be collected back by the organizers at the Oshwal Centre on 8th and 9th of June only from 7:30Pm to 9:00Pm. Strictly first come first serve basis.

Please sign and provide the information required after reading it carefully



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I am aware that during my experience at the hiking trip in Mt. Longonot, certain risks and danger may occur. These may include, but are not limited to: the hazards of being in a wilderness or natural area, hiking up the mountain which may result in increased heart rate, sudden pulse rate increase, general heart risk (especially for those with heart conditions), and death, the forces of nature, and other dangers inherent in being in or near a pool, lake and other recreational areas.

In consideration of my voluntary election to participate in this hike, I do hereby assume all risks and to the fullest extent permitted by law do hereby agree to hold harmless Oshwal Youth League from and against any and all my personal injury, causes of action, losses, cost, liability, actions, debts, claims, damages, expenses and demands of every kind and nature whatsoever which I now have or which may arise from or in connection with my presence or participation in any activities arranged for me at the venue.

Further, I agree to indemnify the Oshwal Youth League for any causes of action, losses, cost, liability, actions, debts, claims, damages, expenses, and demands of every kind and nature whatsoever which I now have or which may arise from or in connection with my presence or participation in any activities arranged for me during the hike.

This agreement shall be binding upon me, my heirs, executors and administration. My presence and participation in hiking at **MT LONGONOT** is completely voluntary.

By signing below, I hereby acknowledge the reading and understanding or the foregoing and have agreed to the same with full knowledge and understanding of its content.

SIGNED, this _____ day of _____, 20____.

(Anyone under the age of 18 must have their parent or guardian's signature and consent on their behalf.)

Name : _____ (please enter full name)

Age: _____

Email: _____

Signature: _____

Please indicate if suffering from any kind of health conditions

Contact Number: _____; _____; _____

Next of Kin: _____

Contact: _____ Relation: _____