



Mountains

Talstr. 43, 8541 Bad-Hindelang

Germany

Every participant in “Mountains” activities is obligated to read, fill and sign this form to complete his/her registration procedure; You may either print the form, fill it and send it via post to the address above, scan it or fill it online and send it back to us at info@harim-mountains.com

Personal data:

Name (Vorname):	Last name:
Address:	
I would like to register to (Aktivität):	In the dates (Datum der Aktivität):
Date of birth (Geb. Datum):	Male/Female (Please erase/mark) Männlich/Weiblich (Löschen/Markieren)
Height (Größe):	Shoe size (Schuhe Größe): T-shirt size (Tshirt Größe):
Telephone number (Cell): Handynummer:	Internet/Mail address:
Name and phone number of a relative/spouse In-case of an accident: Name und Telefonnummer eines Verwandten / Ehegatten Im Falle eines Unfalls:	



Declaration of personal health please marks an X in the right square/ Bitte kreuzen Sie:

Do you suffer from? Leiden Sie von?	Yeas (please specify) Ja (bitte erklären)	No Nein
Heart problems at present or in the past Herzprobleme		
Breathing and lungs diseases or problems Lungenkrnkheiten		
Allergies and intolerances to food Lebensmittelallergie		
Diabetes		
Epilepsy/ Epilepsie		
Injuries/ handicaps/ movement limitations/ back problems Verletzungen/ Rückenprobleme		
Dizziness/loss of balance Schwindel		

I am a generally healthy individual Yes / No; Ich bin eine allgemein gesunde Person Ja /Nein

Food preferences/ Essen Bevorzugung (vegetarian, no pork, no fish etc.):

My background in mountain sports/ Meine Erfahrung im Bergsport:



My fitness and technical abilities according to “Mountains” scale- please circle:

Fitness:	A (Basic)	B (Good)	C (Very good)	D (Excellent)		
Rock:	1 (No exp.)	1+	2	3	4	5
Ice:	1	1+	2	3	4	5

1+: Rock/Ice: Top-Rope climbing and belaying/ some snow & ice exp., I know how to self-arrest

2: I can lead-climb and abseil/ level 1+ & some glacier travel experience

3: can lead climb up to 5a (V UIAA) sport route, control essential knots/ level 2 & was practicing crevasse rescue and steep ice (top-rope)

4: I can lead climb “Trad” routes of minimum IV UIAA and build a belay stance/ I have basic independent alpinism skills and experience, I was climbing on my own routes of from F to F+ and can lead climb easy water-ice

5: I can lead “Trad” routes of level V or above/ I have solid alpine experience including routes of PD/PD+ and experience in multi-pitch water ice of minimum WI III

My ski/snowboard level according to “Mountains” scale- please circle:

Ski	1 (No exp.)	1+	2	3	4	5	5+ (Expert)
Snowboard	1	1+	2	3	4	5	5+

- 1. I would like to participate in the activity offered by Harim-Mountains, I read and understood the registration conditions (PDF form) and I agree to them.**
- 2. I hereby declare that I have answered all the questions sincerely and that I am aware of the dangerous character of any kind of mountain sports such as mountaineering, skiing, ski touring, rock and ice climbing etc.**

Date/ Datum:

Signature/ Unterschrift: