

BOOKING FORM

KARMA NIRVANA LONDON JUBILEE 15 MILE TIARA TREK

21ST October 2017



All proceeds in aid of: KARMA NIRVANA
Registered Charity Number: 1089477
www.karmanirvana.org.uk

REQUIREMENTS FOR THE WALK

The Route: Our walk starts and finishes at the central garden in Leicester Square, London.

Suggested Equipment: Suitable equipment for hike. Conditions, which can change rapidly, should mean that you have at least; good footwear, waterproofs, hat, gloves, plenty of food and drink. Be prepared for anything from hot sun to cold rain.

Timings: The walk will start at 0800 hours. The cut off time for the finish will be 1800 hours.

Thank you for supporting this walk; we hope you enjoy the experience and hope to see you again on one of our other treks

(Please use block capitals and complete all sections. This form should be signed and returned to us as soon as possible to ensure your space on the trek. Please email completed form to info@treksandtias.co.uk)

YOUR DETAILS

NAME:		PHONE NO:	
EMAIL:		D.O.B:	
ADDRESS:			POSTCODE:
EMERGENCY CONTACT:		PHONE NO:	

Groups (where applicable):

GROUP NAME:				
LEAD NAME:		Email:		D.O.B:
NAME:		Email:		D.O.B:
NAME:		Email:		D.O.B:
NAME:		Email:		D.O.B:
NAME:		Email:		D.O.B:
NAME:		Email:		D.O.B:
NAME:		Email:		D.O.B:
NAME:		Email:		D.O.B:
NAME:		Email:		D.O.B:

Confirmation of your entry and further details will be sent by email

I/WeIndividual / Team wish to take part in Karma Nirvana Jubilee 15mile Tiara Trek organised by Treks & Tiaras

Signature of Parent / Guardian (if under 16):.....

Signed

Date:

KIT LIST

What to wear

It's important to wear a 'layering system' of clothing as follows:

- Base layer - long-sleeved T-shirt
- Mid layer – fleece
- Outer shell - waterproof/breathable coat and over-trousers
- Walking boots. These must be waterproof with good ankle support and sturdy soles
- *plus* walking trousers

Wear clothing that is made from synthetic fibres, which are quick drying and help 'wick' moisture away from your skin. Do NOT wear cotton (especially jeans) as cotton soaks up moisture.

What to bring

- Sunhat, sunscreen and sunglasses (spring to early autumn)
- Warm hat
- Waterproof gloves
- Water bottle (at least 1 litre)
- Flask of hot drink
- Spare fleece
- Packed lunch
- High energy snack food (dried fruit, nuts, muesli bars, chocolate bars etc)
- Medications (if applicable)
- Camera, binoculars etc
- Rucksack (to carry all of this in!)

Please note:

You need to provide your own walking boots with sturdy soles and ankle support.