**Members’ Experiences and Fitness Levels:**

* 1. Please fill in the names of the trails climbed previously; whether or not members have climbing training; if and how many mountains over 3000 m each member has climbed; and any other mountaineering experience.
  2. If the application is for the Holy Ridge Trail during snow season, please list prior experiences climbing snowy terrain or any training received for climbing in snow.

|  |  |  |
| --- | --- | --- |
| Application Number |  | |
| Name | Primary Experience | Fitness Level and Health |
|  |  |  |
|  |  |  |
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|  |  |  |
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|  |  |  |

**Safety Management and Risk Assessment**

**1.Make the time schedule of your daily itinerary**

**(example**[**05:00amTrailhead of Wuling Quadruple Mountains Trail**](https://npm.cpami.gov.tw/en/information_place2.aspx?id=408)**→**[**5:20amTrailhead of Tao Mountain**](https://npm.cpami.gov.tw/en/information_place2.aspx?id=415)**→**[**9:00amTao Mountain**](https://npm.cpami.gov.tw/en/information_place2.aspx?id=55)**→12:00PM,etc.)**

|  |
| --- |
|  |

1. **Set up the retreat point of your daily schedule.**

**(e.g. D2:  If   we do not arrive  at 品田山   ( Pintian Mountain  )   by <<   Estimated time  >> , I will turn around and go return to the trailhead.)**

|  |
| --- |
|  |

**3.Safety Evaluation**

**(Please describe how injuries will be handled and prevented.**

**If any team member has relevant experience in emergency first aid (training), please supplement it.)**

|  |
| --- |
|  |

**4. To arrange the MountainHiking Contingency Plan.**

**(Please describe the communication between your group and the support personnel, as well as how emergencies will be handled.)**

|  |
| --- |
| **For example,we have not contacted our emergency contact to confirm we have left the National Park (reached the Trailhead) by " <<**your  Estimated time**>>     on Oct 4th ."**  **If any adverse thing happen, your emergency coordinator call 119 or 112 immediately for assistance.** |

**Hikers shall be responsible for their own behavior, and ascend with the aim to descend.**

**Group Equipment**: (Please include the quantity)

|  |  |  |  |
| --- | --- | --- | --- |
| Item | Quantity | Item | Quantity |
| Tent (incl. the outer cover, guy ropes, pegs, poles) \_\_\_\_-person tent |  | Cooking equipment (incl. ladles, spoons, plates, pot tongs, windscreens) |  |
| Portable gas stove |  | Portable burner stove |  |
| Gas (cartridges) |  | Fuel (L) |  |
| Snacks (g) |  | Food (days) |  |
| Camping lantern (and spare mantles) |  | Prepared food (meals per person) |  |
| Satellite phone |  | Hydration packs ( L) |  |
| Mobile phone |  | Handheld VHF radio |  |
| Radio |  | Sewing kit |  |
| First aid kit (incl. a bite and sting kit) |  | Altimeter |  |
| Spade and tongs |  | Trash bags |  |
| Cleaning supplies (tea seed powder) |  | Tinder, candles |  |
| Climbing rope (m) |  | GPS |  |
| Cordelette (m) |  | Topographic map |  |
| Park entry and mountain entry permits |  | Saws |  |
| Machete |  | Locking carabiners |  |
| Webbing (flat webbing) (m) |  | Pulleys |  |

**Individual Equipment**: (Please mark prepared equipment with a ◎)

|  |  |  |  |
| --- | --- | --- | --- |
| Item | Note | Item | Note |
| Large backpack |  | Small backpack (summit pack) |  |
| Waterproof backpack cover |  | Gaiters |  |
| Sports bandana |  | Sleeping bag (Down or hollow core fibers) |  |
| Headlamp, flashlight (incl. batteries) |  | Sleeping pad |  |
| Insulated hat |  | Winter clothing (outer, middle layers) |  |
| Sun hat |  | Raincoat and pants (breathable) |  |
| Hiking boots |  | Trekking poles (one pair) |  |
| Liner socks, wool hiking socks |  | Bowl, utensils, cup |  |
| Water bottle (thermos) |  | Altimeter |  |
| Topographic map |  | Compass |  |
| Ridgeline map |  | Towels |  |
| Lighter, waterproof matches |  | Swiss army knife |  |
| Pencil and paper |  | Backup battery |  |
| Gloves, work gloves |  | Low pitched whistle |  |
| Tissue or paper towels |  | Simple toiletries |  |
| Personal medication |  | Extra clothing |  |
| Bivy sack |  | Slippers |  |
| Sunscreen and lip balm |  | Camera (digital), including batteries |  |
| ID card and health insurance card |  | Sit harness |  |
| Helmet (river hiking) |  | Ice axe |  |
| Helmet (rock climbing) |  | Crampons |  |
| Ascenders |  | Ice hammer |  |
| Locking carabiners |  | Pair of prusik knots |  |
| Descenders (belay or rappel devices) |  | Fanny pack, storage pack |  |
| Windproof, waterproof snow jacket |  | Snow goggles |  |
| Down jacket |  | Snowshoes |  |
| River hiking shoes |  |  |  |