* **A. Individual and Group Equipment Checklist**

Please plan and carry at least the Required Items within the following in accordance with your route and the time of year.Please tick the boxes □ to confirm your possession of these items, and fill in the quantity blanks provided (\_\_).

1. **Individual equipment: (i) Please tick all required items. (ii) Items marked in red designate winter equipment that should be brought with you during the snow season.**

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| **Essential Gear** | | □ | Lighter/candle/matches | □ | Carabiners (\_\_\_qty) |
| □ | Large rucksack | □ | Tissue/paper towels | □ | Mountaineering rope ( mm diameter \* \_\_\_\_m length) |
| □ | Waterproof pack cover | □ | Compass/GPS or mobile phone with mapping software (with power charger) | □ | Nylon strap (\_\_\_mm width \* \_\_\_m length \* \_\_\_qty) |
| □ | Small backpack (for satellite day trips) | □ | Route/trail contour map | □ | Prusik ropes (\_\_\_mm diameter \* \_\_\_m length \* \_\_\_qty) |
| □ | Sleeping bag (down or hollow fiber) | □ | Altimeter | □ | Ascender (e.g. Jumar) |
| □ | Sleeping mat (4-season inflatable or foam) | □ | Water bottle/bladder/thermos | □ | Belay device (e.g. ATC, Figure 8) |
| □ | Hiking boots (Wellington boots not recommended during winter) | □ | Multitool/Swiss knife/fruit knife | □ | Ice axe |
| □ | Warm headgear (e.g. beanie) | □ | Personal medication, emergency kit | □ | Crampons |
| □ | Sun hat | □ | Stove top (with fuel) | □ | Climbing harness |
| □ | Bandana/buff/towel | □ | Personal cookware, mess kit (pot, bowl, cup, chopsticks/spork, etc.) | □ | Sun/Snow glasses |
| □ | Sweat-wicking shirt(s) | □ | Bivy sack/personal tent | **Miscellaneous** | |
| □ | Thermal clothing | □ | Tarp/groundsheet | □ | Digital camera (with sufficient batteries) |
| □ | Two-piece raingear (jacket, trousers) | □ | Survival whistle | □ | Camera tripod |
| □ | Thermal/waterproof/work gloves | □ | Knee support/brace | □ | Lightweight slippers |
| □ | Sweat-wicking/thermal socks | □ | Trekking poles (1 pair) | □ | Fanny pack, travel bags |
| □ | Head torch (with spare batteries) | □ | Paper (waterproof), pen | □ | River tracing shoes |
| □ | ARC/Passport, Insurance | □ | Mountain/Park Access Permit(s) | □ | Compact shovel |
| □ | Mobile phone/VHF radio/Satellite phone | □ | Plastic bags | □ | Radio |
| □ | Spare glasses/glasses strap | □ | Trail food (\_\_\_g \* \_\_\_days) | □ | Portable charger |
| □ | Spare clothing | **Technical/Winter Gear** | | □ | Feminine products |
| □ | Sunscreen, lip balm | □ | Mountaineering helmet | □ | Sewing kit |

1. **Group equipment: (i) Please tick all required items. (ii) Items marked in red designate winter equipment that should be brought with you during the snow season.**

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| **Essential Gear** | | □ | Water bladder (\_\_\_liters \* \_\_\_quantity) | □ | Route/trail contour map |
| □ | Tent (outer fly, guylines, stakes, poles) | □ | Lighter/candle/ matches | □ | Sewing kit |
| □ | Tarp/groundsheet | □ | Mountain/Park Access Permit(s) | □ | Radio |
| □ | VHF/UHF radio | □ | LED/gas-powered lamp (with spares) | **Technical/Winter Gear** | |
| □ | Satellite telephone | □ | Cleaning supplies (powder form) | □ | Mountaineering rope ( mm diameter \* \_\_\_\_m length) |
| □ | Trail (on-the-go) food (\_\_\_days) | □ | Rubbish bags | □ | Carabiners (\_\_\_qty) |
| □ | Prepared (warm) food (\_\_\_days) | □ | Emergency kit | □ | Nylon strap (\_\_\_mm width \* \_\_\_m length \* \_\_\_qty) |
| □ | Camping stove (\_\_\_qty) | □ | Scythe/saw | □ | Prusik ropes (\_\_\_mm diameter \* \_\_\_m length \* \_\_\_qty) |
| □ | Camping gas (\_\_\_qty or \_\_\_liters) | □ | Compact shovel | □ | Ice axe/ice screws |
| □ | Cookware (ladle, spatula, plates, pot handle, windshield) | □ | Altimeter | □ | Climbing hammer/piton |

**□ Reviewed**

* **B. Climbing Safety Affidavit**

I, \_\_\_\_\_\_\_\_\_\_\_\_\_, hereby sign this document on behalf of all the members of my party and promise to obey the safety regulations of Taroko National Park, and guarantee the following:

1. that I agree to be responsible for the safety of all party members.

2. that my team is well prepared and will pay attention to climbing safety. I guarantee that we will only hike/climb if the physical condition of all team members is satisfactory and in suitable weather.

3. that if any of the above undertakings are breached, I personally, and the members agree to the imposition of being prohibited from park entry for one full year.

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| **Points of attention regarding the Climbing Safety Affidavit：**  Please tick each box **□** after you carefully read the following details: |
| * **Change in itinerary: (**The way you will deal with the situation if the original route is unavailable)   Text in red are points relating to the snow season.   1. Please cancel your trip and do NOT enter the mountain if a typhoon warning or heavy rainfall warning is issued by the Central Weather Bureau, or if the weather is abnormally poor. 2. The weather in Taiwan’s mountains can be highly changeable. If weather conditions deteriorate, please do NOT continue climbing, and seek shelter in the nearest cabin or find a suitable location to camp. 3. If the original route has collapsed and is not passable, do not take the risk and instead turn back via the same route that you came from. Upon return, please inform Taroko National Park Headquarters of the situation. 4. If you or your team are significantly behind schedule and unable to follow your itinerary, please turn back via the same route in order to make the planned exit time. 5. When and if you see a sudden rise in river water levels, please do not insist on crossing and instead backtrack. 6. Please ensure that your team carry sufficient reserve food. 7. If the surrounding area has accumulated significant amounts of snow before and/or upon departure, please evaluate the overall condition and ability of all team members to decide whether or not to continue or cancel your trek. 8. Please bring sufficient snow equipment and for all members of your group. If and when the snow is too deep to continue, the route becomes obscured, or if weather conditions deteriorate, do NOT exceed your own abilities and instead backtrack via the same route. |
| * **Safety Assessment:** (Treatment of injuries during the trek and preventative measures)  1. Please carry out a complete assessment of your own fitness and physical capabilities, and complete sufficient training to ensure safe hiking. 2. The team must carry a first aid kit (tourniquets, NSAIDs, dressing/bandages, HAPE/HACE treatment, etc). 3. Constantly pay attention to the physical and physiological conditions of all team members. Do not exceed your own abilities and backtrack if anyone is unwell. 4. Team members must follow the itinerary schedule and route whenever possible. Never enter areas of the park that have not been opened. Call for help (119) if a team member becomes significantly injured. 5. Take special care and precaution while climbing. Teams should prepare sufficient equipment such as helmets, ropes, slings, carabiners (including equipment such as ice axes and crampons during the winter season) to ensure safe hiking. If any team member becomes injured during the hike, please immediately administer appropriate treatment using your first aid kit. In the case of a serious injury, please contact the relevant authorities for help, and notify your emergency contact of the situation in order for them to handle related matters. 6. If a team member becomes injured during the trek/climb, first assess the situation and injury before providing treatment. In cases of serious trauma, dress the wound using the available first aid supplies to the best of your abilities, halt your trip, and accompany the injured person(s) in safely exiting the trail. In the event of a serious fracture, immediately bandage any open wounds, reposite via traction, splint and/or immobilize the limb, then seek safe shelter to allow the injured person(s) to rest while awaiting further support and advice from Mountain Rescue. 7. Please note that the most effective treatment for altitude sickness is immediate descent to lower altitudes. Diuretics (e.g. Diamox, Acetazolamide) may also prevent and reduce symptoms of altitude sickness. 8. The team leader is obligated to pay attention to and is responsible for the safety of the entire team. Team members must heed the guidance of their team leader. The team must abide by the “leave no man behind” ethos. Individual activities outside the team’s purview is prohibited. |
| * **Backup Response:** (Contact between the team and the rear personnel and the management of emergencies)  1. Rear personnel must be contactable 24 hours a day in order to coordinate between the team and relevant authorities in the event of an emergency. 2. The team should notify rear personnel before setting off on your trek. Similarly, the team should notify rear personnel immediately upon returning to the trailhead. 3. The team should keep in regular contact and report their status with rear personnel via mobile phone at regular intervals or at a fixed time. 4. In cases of force majeure such as typhoons and/or natural disasters, do not exceed your own abilities, and keep in contact with the National Park Headquarters, the appropriate police unit, and other relevant authorities. Insurance is purchased for all party members before setting off. 5. All parties should be covered by appropriate accident insurance during the period of the trek. |

**Sincerely,**

**Taroko National Park Headquarters**

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Day\_\_\_\_\_ Month\_\_\_\_\_ Year\_\_\_\_\_\_