

Lake District Adventures

Scroggs Fold, Brow Lane, Staveley, Kendal, Cumbria, LA8 9PH

Tel. +44 (0) 779 101 8844

www.lakeland-mountains.co.uk

Booking Form

Personal Details

Name: _____
Address: _____

Postcode: _____
Phone – Home: _____ Mobile: _____
Date of Birth: _____ Sex: _____
eMail: _____

Booking Details

Activity: _____
Date(s): _____

Medical / Emergency Information

Please give details of any medical or physical conditions that may affect your participation in the activity. If in doubt please consult your doctor or contact us before booking.

Please provide at least one emergency contact that will be reachable during your activity.

Name: _____ Phone: _____
Name: _____ Phone: _____

Photography

Photographs are often taken of activities, and you will be able to have copies of them all. These photographs may be used in advertising, including on our website and blog. If you would rather these images were not published, please tick here. _____

Declaration

- I confirm that I am in good health and fully fit to participate in the activity.
- I am 18 years old or over.
- I have read and understand the [Terms & Conditions](#) that apply to this booking.
- I agree to follow instructions given by the activity leader and to behave responsibly to ensure the safety of myself and others.
- I accept that Lake District Adventures Ltd.[‡] is not liable for any loss or damage of personal property, and I have read the recommendations on insurance cover.
- I acknowledge that activities provided by Lake District Adventures Ltd. have a risk of injury or death. I accept these risks and the responsibility for my own actions and involvement.

Signed: _____ Date: _____

How did you find us?

[‡] [Lakeland Mountains](http://www.lakeland-mountains.co.uk) is the website of Lake District Adventures Ltd. (reg. 07911971).