

## **PAYMENT DETAILS**

**Deposit: 30%**

**Balance:** due 30 days before start date

**Make cheques:** payable to Alun Richardson (please put the course date and title on the back)  
**Do not include your accommodation fees!**

## **BOOKING DECLARATION**

"Rock climbing, mountaineering, remote trekking and skiing carry an inherent risk of injury and death, which cannot be eliminated. You must accept that although we do our utmost to reduce any risks to an acceptable level, there are chances of accidents happening. I agree to abide by instructions and decisions made by Alun Richardson or his representatives, regarding the safety. I have read and agree to the conditions of booking attached and enclose my deposit.

## **MEDICAL DECLARATION**

Please declare any previous or current conditions relevant to the activities being undertaken:

Please declare any regular medication you are taking:

The information I have provided above is accurate and I do not know of any reason relating to my health that might prohibit me from taking part in the planned activities.

**SIGNED:**

**DATE:**

## **IMPORTANT**

**Because I am frequently out of the country please email this booking form and post your cheque.**

Email: [ar@alunrichardson.co.uk](mailto:ar@alunrichardson.co.uk)

Alun Richardson, 5 Meadow Road, Jameston, Tenby, Pembrokeshire, SA70 8QF