By signing this form, you confirm that you have read and accepted the terms and conditions provided to you by LFTMS Limited (trading as Adventure Now) and that the information you have given is correct. You also understand that there are inherent risks associated with outdoor activities and accept that no responsibility for accidents, injuries or loss/damage to personal belongings rests with the staff or LFTMS Limited, unless proven to be caused by their negligence.

Date

| First Name | Last Name | Relevant Medical Information (if none write NONE) | Signature (Parent/Guardian to sign if participant is under 18) | Emergency Contact Phone Number (of someone not here) |
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