

# 2019 135-mile Mount Everest Cross-country Race- Insurance requirement

## Instructions for insurance

1. Participants must purchase personal insurance by themselves and send the scanning copy of the insurance policy to [info@everest135.com](mailto:info@everest135.com) after the qualification examination and before the payment, and keep the original or electronic version of the insurance policy for on-site reference;
2. The insurance must include: 1) personal travel insurance covering all the schedule of the competition held at the competition venue; 2) personal accident insurance covering all the schedule of the competition held at the competition venue;
3. The insurance must cover:
  - 1) accidental death, disability or burn;
  - 2) medical expenses;
  - 3) compensation for sudden death;
  - 4) fees of transferring remains;
  - 5) fees of returning home due to severe illness;
  - 6) expenses for evacuation or repatriation by air or other means arising from illness or injury.