



Hike and Camp with the Dallas Sierra Club at
BIG BEND NATIONAL PARK
Feb. 9-13, 2022



This remote land of the Big Bend was shaped by eruptions, folds, faults, thrusts, wind, and water into desert, forested mountains, mesas, canyons, pinnacles and pour-offs. The region and the National Park take their names from the big curve of the Rio Grande as it wraps the land on the west, south and east, flowing through three canyons. The South Rim, 2,000 feet above the Rio Grande has been ranked at the top of Texas hiking destinations.

Climate and vegetation of the park vary with elevation, which ranges from 7,825 feet at Emory Peak, highest point in the park, to 1,680 feet on the Rio Grande. Remnants of once-larger forests of ponderosa pine, Douglas fir, quaking aspens, maples, and oaks are found at elevations above 6,000 feet. Life zones change quickly as elevations decrease. Deciduous forests change to junipers and then to desert plant communities of agave, yucca, sotol, ocotillo, mesquite, creosote and cactus. Park fauna includes mountain lions, coyotes, foxes, bobcats, bears, javelinas, mule deer, white tail deer, reptiles, and 400 species of birds. For more information about Big Bend National Park, visit <http://www.nps.gov/bibe>.

The hikes: The Chisos Basin, a bowl ringed by the Chisos Mountains, is where our 2022 outing begins. We offer three itineraries. Select your preferences when you register. Participants will camp in tents and eat meals packed at home. Each trip itinerary is moderately strenuous, meaning suitable for people in good health, not necessarily perfect, who walk regularly and can carry a backpack. Trip 3 hike has one strenuous day. A previous experience with backpacking and camping is recommended for all participants.

To evaluate your physical readiness, you could test yourself with a hike around White Rock Lake in Dallas, carrying a pack you would carry at Big Bend. If you complete that 9-mile loop in about 3½ hours and feel good the next day, you're probably ready to enjoy this outing. Our hourly pace at Big Bend will be slower, but the trails will be up and down and sometimes rocky. We encourage you to discuss your experience in advance with a trip leader if you're concerned about the suitability of an itinerary. Trip leaders may change the planned itinerary due to group capabilities, weather, or safety concerns.

Trip 1: Chisos Mountains, south edge of Big Bend Ranch State Natural Area, and Balanced Rock (limited to 7 or 8 people)

- Wed., Feb. 9: Travel to BBNP, camp at Chisos Basin Group Camp Q-R.
- Th., Feb. 10: Backpack into the Chisos Mountains, set camp at Laguna Meadows, named for its former appearance of a “lake of grass” where sheep grazed (3 mi.) Afternoon loop hike to the South Rim and Boot Creek, primary water source for the entire Chisos Basin (5 mi.).
- Fri., Feb. 11: Backpack to Chisos Basin Group Camp Q-R (7 mi.), set camp. Optional day hike to either Emory Peak or The Window (each 4 mi. RT).
- Sat., Feb. 12: Travel via Terlingua and Lajitas to Big Bend Ranch State Natural Area, Hike into Closed Canyon (1.5 mi. RT), Hoodoos Trail (1 mi. RT), and Balanced Rock (via Grapevine Hills Trail, 2 mi. RT). Return to Chisos Basin Group Camp.
- Sun., Feb. 13: Travel home.

Leaders: Patrick and Ande Johnston, PatM.Johnston@hotmail.com, 214.450.1342 or AAHinds62@gmail.com, 214.914.3590

Trip 2: Rio Grande Hot Spring and Chisos Mountains (limited to 7 or 8 people)

- Wed., Feb. 9: **Option 1:** Travel to BBNP, camp at Chisos Basin Group Camp Q-R. **Option 2:** Delay travel to BBNP until Thursday morning, join Trip 2 Thursday evening at Chisos Basin Group Camp Q-R.
 - Th., Feb. 10: **Option 1:** Hike to Rio Grande Hot Spring (6 mi. RT). Bring a bathing suit and soak in 105° water. **Option 2:** Travel to BBNP, join Trip 2 at Chisos Basin Group Camp Q-R.
 - Fri., Feb. 11: Backpack into the Chisos Mountains, set camp for 2 nights at Boot Canyon and Colima (5 mi.). Afternoon hike to Boot Creek (2 mi. RT).
 - Sat., Feb. 12: Morning hike loop to South Rim (4.5 mi.). Optional afternoon hike to Emory Peak (4 mi. RT).
 - Sun., Feb. 13: Early morning backpack to Chisos Basin (4.5 mi.) Travel home.
- Leaders: Paula Biestek, cmoonbeam61@gmail.com, 469.261.1723, Arthur Kuehne



Trip 3: Rio Grande Hot Spring, Marufo Vega and The Chimneys (limited to 10 people)

- Wed., Feb. 9: Travel to BBNP, camp at Chisos Basin Group Camp Q-R.
 - Th., Feb. 10: Set two-night camp at Rio Grande Village Group Camp B. Morning hike to upper mouth of Boquillas Canyon (1.5 mi.). Afternoon hike from Daniels Ranch to Rio Grande Hot Spring (6 mi. RT). Soak in the 105° water but bring a bathing suit.
 - Fri., Feb. 11: Early morning start for a strenuous all-day hike on the Marufo Vega Trail to view Boquillas Canyon (11.6 mi. RT or 13.5 mi. loop, depending on conditions). Expect some steep trail segments with loose rock. Trek poles are advised. Return to previous night's camp.
 - Sat., Feb. 12: Travel to the west side of BBNP, hike a relatively easy trail to The Chimneys and back from Luna's Jacal (12 mi. RT) the Chimneys is a rock formation with petroglyphs, also metates on the ground, a trail landmark for Native Americans. Luna's Jacal is a dugout home built by a pioneer farmer in 1916, on the National Register of Historic Places. Camp at Chisos Basin Group Camp Q- R.
 - Sun., Feb. 13: Travel home.
- Leaders: Eduardo Gonzalez, ciberguenzza@gmail.com, 214.202.7639, Mark Stein

To register: Read the full trip description. Unlike previous Dallas Sierra Club Big Bend trips, this is not a bus trip. All motorized transportation will rely on personal vehicles or carpools. This year's registration is \$100 per person, non-refundable after December 31. The fee covers group campground and backcountry camping fees and part of training expenses for outings leaders (all volunteers, paying the same fee as everyone). If the Sierra Club must cancel or change the outing, its financial responsibility is to refund the fee you have paid to the Dallas Sierra Club, but not payments for airfare or other expenses. Mail a check or money order payable to "**Dallas Sierra Club**" to **Liz Wheelan, 8820 Southwestern Blvd., #1007. Dallas, TX 75206**. Email these items to LizWICO@aol.com:

- 1) the Trip Preference form;
- 2) the signed Participation Agreement;
- 3) the Medical Form;
- 4) a copy of your CDC COVID-19 Vaccination Record Card.

Alternatively, you may enclose the registration documents with your payment. Liz can be reached evenings at **214.207.4997**. Priority for registration and trip itinerary preference will be based on the date the check and all four other items are received and complete.

Carpools: Carpooling is encouraged. Shared transportation can significantly reduce total trip cost per person, and it offers companionship. Riding in a personal vehicle with anyone who presents a National Parks pass admits the entire car to the park, cutting out the \$15 park entry fee per individual. The Park Service limits parking at the Chisos Basin group campground, so solo drivers should park at the Chisos Basin amphitheater after unloading at the Chisos Basin group camp. Riders typically share the cost of transportation with the provider. It's good to agree before committing to a carpool about how car expenses to and from home will be shared. With two or more riders, a popular practice is for riders (excluding the vehicle provider) to split fuel expenses.

The Sierra Club and its leaders will not assign participants to a carpool. Assignment exposes the Club and its leaders to an unacceptable liability risk. The Sierra Club will, on request, provide periodic information about rides offered and riders wanted, but does not guarantee riders or rides. Inability to arrange transportation will not be grounds for a refund of the registration fee. On some days, cars will be required for transportation between a group camp and a trailhead. Even then, leaders will not assign carpools, so participants will have options to travel by car, with or without an ad hoc carpool, or not to travel. Face masks must be worn when riding in a carpool during the outing (i.e., from initial arrival at the Chisos Basin group camp until departure on Sunday).

COVID-19: Participants must be vaccinated for COVID-19 or have recovered from a documented case of COVID. Masks are not required when outdoors but must be worn when indoors (including indoor toilets) or when riding in a carpool during the outing. See above paragraph. Bring a mask.

February weather: Typical February highs in the Chisos Mountains are around 60 degrees, while highs near the Rio Grande are normally upper 70s. Early morning lows are typically high 30s throughout the park. Precipitation would be unusual, but we've experienced rain, even snow, as late as early March.

Gear: Each person is responsible for bringing personal gear and food. Sharing a tent or other gear with a friend is fine. A basic gear list follows. We encourage calling leaders with gear questions. If your loaded pack exceeds 25 to 30 pounds before you add water (2.2 pounds per liter), lighten your load.

- **Tent, sleep bag, sleep pad:** A backpacker needs a lightweight tent, a sleep bag, and an air mattress or sleep pad. Together with the clothes you wear when you sleep, the combination should be suitable for overnight lows in the 30s. The primary function of the air mattress is to insulate you from cold ground.
- **Backpack:** For Trips 1 or 2, you'll need a backpack to carry gear, food and water you'll need until returning to the group camp or cars. Wrap your sleeping bag to keep it dry. (A big garbage bag can do the job.) For day hikes, you can offload your pack or much of its gear into your tent or the bear box at the Emory Peak trailhead. For Trip 3, a large day pack with capacity for ample water, spare clothing, lunch and other essentials will suffice, but you may as well pack your tent and all other gear, then empty what you won't need for day hikes into your tent while hiking.
- **Food:** The food you pack, and carry depends on your trip's daily itinerary and your taste. Most hikers prepare a hot meal in the early evening. Dehydrated foods requiring only boiling water and a short wait for rehydration are available at outing stores, but good and less expensive meal alternatives are available from grocery stores. Hikers generally bring a no-cook meal for lunch. Some will eat a quick cooked breakfast; others a no-cook breakfast. Bring snacks for the trail. There is a camp store in the Chisos Basin (0.6 mile by trail from the Q-R campsites) and a store at Rio Grande Village. You can supplement your food with cold drinks and packaged snacks and sandwiches from the stores during operating hours. Ground fires and wood fires are prohibited in BBNP. Charcoal fires are allowed in grills provided at group campsites, but we recommend cooking with tiny containerized fuel stoves because they don't emit smoke or embers.
- **Water:** Water from the visitor centers and group campgrounds needs no treatment. Beyond those points, water for drinking must be treated by tablets, filtration or boiling. Bring enough empty containers to carry a gallon, but you won't always need to carry that much water, depending on your itinerary. (Check with your trip leader.)
- **Clothing:** Layers are key to comfort, given the temperature range we will experience. Five layers for your torso are recommended (including a rain/wind shell), two layers for your legs. (One layer could be rain pants, which double as thermal protection.) Denim become chilly and heavy when wet, so should be avoided. Wear tested boots or trail runners and two layers of socks (thin sock on the inside to preclude blisters), gloves and a cap to keep your head warm at night. Don't forget a hat, sunglasses and sunscreen for UV protection.
- **Other stuff:** Don't forget a headlamp or flashlight and personal health and first aid items. Bring (or share) a lightweight garden towel and tissue for personal waste disposal plus a zip-lock bag for used tissues. That's right—pack out the paper!

Bears: Common in the 1900s, black bears disappeared from the Big Bend until they re-colonized in the late 1980s. They don't completely hibernate in the Big Bend but spend most of the winter in dens. Mothers give birth to cubs in February. All the sites where we will camp have metal bear-proof boxes for food storage. Take precautions to avoid losing your food to bears, deer or smaller critters:

- Store food and items that smell in the bear boxes. Otherwise, always keep those items on your person, in your control.
- Don't eat in your tent or store food or items with food spills in your tent.
- Prepare meals away from your sleeping area.
- Disperse cooking water over a wide area, away from camp.
- Store trash in your food bag (within a separate plastic bag).
- Pack out all leftover food and trash.

Maps: Maps of Big Bend National Park are available at www.nps.gov/bibe/planyourvisit/maps.htm, including an excellent printable map of trails and camps in the Chisos Mountains and a map of the Chisos Basin and Rio Grande Village. A paper map of the whole park with topography is National Geographic Trails Illustrated Map 225, available online and at stores for \$14.95.

Leave No Trace: Leave-no-trace wilderness ethics are expected of all participants. All trash must be packed out; human waste buried and used toilet paper packed out. (Bring a zip-lock bag.) Pets, firearms and smoking are not allowed.

Medical: Our leaders have trained for wilderness first aid, but they are not medical professionals. Participants are encouraged to bring first aid supplies for personal use and to inform leaders about a medical condition such as controlled diabetes, heart problems or allergic reactions that could require emergency treatment. Tell the leader where you store vital medications you could need. Medical information you provide may be shared with medical professionals who treat you in the event of injury or sickness.

Group = Safety: Participants who leave the led group without leader consent will be asked to sign out of the trip and will no longer be part of the outing. If you leave the outing, please don't hike alone and always hike on a trail. Most deaths in wild areas occur when a solo hiker becomes incapacitated before being found. When leaving camp, especially at night, be careful to not get

Minors: Minors may participate with leader consent if always accompanied by their parent or legal guardian.

California Seller of Travel Law: Because the Sierra Club is a California nonprofit corporation and California has a "Seller of Travel" law; we're required to post this notice: CST 2087766-40. Registration as a seller of travel does not constitute approval by the State of California. Okay, we've complied.

Trip Preference Form, Big Bend, 2022

Your Name: _____

Phone: _____ Email Address: _____

Enter "1" by your top choice of trip itineraries. Enter "2" by your second choice. If we cannot grant your first or second choice, we will contact you to ask whether you would accept a third choice.

Trips	Your Choices, Ranked
Trip 1: Chisos Mountains, Big Bend Ranch, and Balanced Rock (Combined head count for Trips 1 and 2 may not exceed 15, per NPS)	
Trip 2, Option 1: Chisos Mountains (Feb. 10-13 only) (Combined head count for Trips 1 and 2 may not exceed 15, per NPS)	
Trip 2, Option 2: Rio Grande Hot Springs and Chisos Mountains (Feb. 9-13) (Combined head count for Trips 1 and 2 may not exceed 15, per NPS)	
Trip 3: Rio Grande Hot Springs, Marufo Vega, and The Chimneys (Limited to 10 people)	

Previous experience questions:

We want you to enjoy your outing experience. Sharing some information about your previous hiking and camping experiences could help us offer better advice about this outing.

- Have you been on another overnight outing with the Dallas Sierra Club? (yes or no)
- If yes, where was the trip, in what year, and who was your trip leader, if you remember?
- If no, where and when have you hiked and camped recently?

Transportation questions:

- Do you have transportation from your home to Big Bend National Park? (yes or no)
- Would you like us to identify you as seeking a ride and sharing expenses? (yes or no)
- If driving, would you like us to identify you to prospective riders? (yes or no)

Sierra Club leaders are prohibited from assigning rides to Sierra Club outings. Any arrangement of a carpool is strictly up to the driver and riders. Being listed as a prospective driver or rider does not obligate you to offer or accept. Listings will include name, email, phone, and city of residence. Notify Liz Wheelan, LizWICO@aol.com 214.207.4997 to be added or removed from the list and an appropriate change will be made to the next periodic list of carpool prospects.

COVID-19 Immunity

Email a copy of your CDC vaccination card to LizWICO@aol.com or text a photo of your card to Liz at 214.207.4997. Alternatively, you may send medical records with dates of your positive COVID test followed by a negative test.

Participant Agreement



Instructions for Completing this Form

- Please print and mail this form to the trip leader or other Sierra Club representative with your physical signature. If you choose to complete the form on your computer, you must still print and sign before mailing.
- Please complete and sign both the Participant Agreement on p. 2 and the Supplemental Release Regarding COVID-19 on p. 3.
- Minor participants (those under 18 years old) must complete the form with a parent/legal guardian.

IMPORTANT: This agreement affects your legal rights. By signing it, you are agreeing to (among other things) assume risks, release claims, waive rights, and indemnify Sierra Club from harm.

1. Definitions. The following capitalized terms have the following meanings when used herein:

A. "Sierra Club" means Sierra Club and its officers, directors, representatives, employees, agents, chapters, volunteers, leaders, and affiliates;

B. "Activities" means any program, event, and/or activity offered by and/or on behalf of Sierra Club;

C. "Participant," who is identified at the bottom of this agreement, is either (i) me or (ii) as applicable, a person for whom I am legally authorized to make decisions and who is referred to herein as "Minor Participant";

D. "Risks" means any risk associated, either directly or indirectly, with Participant's presence at and/or participation in any Activities;

E. "Damages" means any injury, damage, sickness, death, and/or any other loss, whether physical, emotional, financial, or otherwise, caused in whole or in part by Participant, Sierra Club, and/or any third parties in connection with any Activities;

F. "Claims" means any action, cause of action, claim, controversy, promise, agreement, damage, judgment, cost, expense, and/or liability of whatever nature, in law or in equity, whether known or unknown, whether contingent or liquidated, and whether based in statute, contract, tort, or otherwise; and

G. "Released Parties" means Sierra Club and any Sierra Club successor, assign, sponsor, advertiser, inspector, contractor, consultant, and/or any other person or entity that takes any action on Sierra Club's behalf in connection with any Activities.

2. Participation. I (or Minor Participant, if any): (a) agree that my participation in any Activities will be subject to the terms herein; and (b) can and will participate in any Activities in a constructive manner without causing Damages.

3. Logistics. I will accurately complete any required forms and abide (and cause Minor Participant, if any, to abide) by all laws, rules, and policies applicable to any Activities. Prior to any Activities, I will be familiar with, and shall have accepted, the associated Risks and will have made any inquiry necessary to fully understand those Risks. Sierra Club may in its sole discretion dismiss me (or Minor Participant, if any) from any Activities for any or no reason. I will be fully responsible for any and all costs, including without limitation travel expenses, associated with my dismissal or departure (or the dismissal or departure of Minor Participant, if any) from any Activities for any reason.

4. Understanding the Risks. I confirm all of the following:

A. Unplanned or unexpected situations may arise in the course of any Activities, Risks are inherent in all Activities and may not be obvious, and Activities and Risks may cause Damages;

B. A few, non-exhaustive examples of Risks include: acts of nature or other matters outside Sierra Club's control; facilities and/or equipment failures; itinerary changes and/or cancellations; transportation issues; problems associated with locations, wildlife, vegetation, and/or lack of access to medical care, AND NEGLIGENCE by Sierra Club or others. There are many potential Risks that are not listed here; and

C. I understand all Risks, whether or not they have been communicated to me (and/or to Minor Participant, if any); and I have had adequate opportunity to seek any information necessary to properly evaluate all Risks.

5. Assumption of Risks. I confirm my (and Minor Participant's, if any) assumption of all Risks, whether known or not and whether identified or not, and my acceptance of all materials, equipment, and facilities associated with the Risks and/or the Activities in an "AS IS" condition. I accept that I (and Minor Participant, if any) may sustain Damages, including Damages that could be caused by Sierra Club, third parties, and/or me (or Minor Participant, if any).

6. Release. I (and Minor Participant, if any) release each and all of the Released Parties from any Claims that I (and Minor Participant, if any) ever had, now have, or may have in the future, for any reason, and that arise out of and/or relate in any manner, whether directly or indirectly, to any Activities (including without limitation travel to or from any Activities), even when any such Claims result from the

NEGLIGENCE of any Released Party.

7. Waiver. Regarding the release above, I waive all rights that I (and Minor Participant, if any) may have now or in the future under Cal. Civil Code § 1542 stating: "A GENERAL RELEASE DOES NOT EXTEND TO CLAIMS THAT THE CREDITOR OR THE RELEASING PARTY DOES NOT KNOW OR SUSPECT TO EXIST IN HIS OR HER FAVOR AT THE TIME OF EXECUTING THE RELEASE AND THAT, IF KNOWN BY HIM OR HER, WOULD HAVE MATERIALLY AFFECTED HIS OR HER SETTLEMENT WITH THE DEBTOR OR RELEASED PARTY."

8. No Third Party Lawsuits. I (and Minor Participant, if any) will not participate in, either directly or indirectly, or cause any third party to initiate, any litigation against any Released Party regarding any Claims associated directly or indirectly with involvement by me (or Minor Participant, if any) in any Activities (the "Third Party Claims").

9. Indemnification. I will indemnify, hold harmless, and defend each Released Party from and against any and all Third Party Claims (including without limitation attorney's fees).

10. No Warranties. No information related to any Activities and/or Risks and communicated to me (and/or to Minor Participant, if any) in any manner, including without limitation difficulty ratings, safety or risk evaluations, equipment recommendations, or participant assessments, shall be construed as a Sierra Club warranty or representation of any kind. Sierra Club has given no warranty, express or implied, regarding the Activities, the Risks, and/or any Damages except as stated herein or in another writing signed by a Sierra Club officer (each, a "Warranty"). In signing this agreement, I have not relied on any statement not set forth herein or in any Warranty.

11. Amendment and Interpretation. This agreement may not be amended except in writing signed by a Sierra Club officer and is intended to be interpreted and enforced to the greatest extent allowed by law. If any provision herein is deemed unenforceable, the remaining provisions shall still be enforced. This agreement is binding upon any personal representative, successor, heir, or assign of Participant (and Minor Participant, if any).

12. Dispute Resolution. Any dispute relating to or arising from the enforcement and/or interpretation of this agreement, and/or any Activities (each, a "Dispute") shall be governed by California law without reference to its conflicts of laws rules and shall be resolved exclusively in the state courts existing in Alameda County, California. Before initiating any legal proceeding against Sierra Club in connection with any Dispute, I agree to first inform Sierra Club's general counsel in writing of the Dispute's factual and legal basis and to give Sierra Club thirty (30) days to respond.

13. Federal Land Agencies. If a court of competent jurisdiction determines that an agency rule prevents me from agreeing to any clause herein, that clause shall not be enforced.

14. Medical Care. In connection with any Activities, I authorize Sierra Club to obtain, provide, and/or authorize medical care, treatment, and transportation to a medical facility for me (or Minor Participant, if any) if I cannot do so, and I will pay all associated costs. I authorize the release to any third parties of my (or Minor Participant's, if any) medical records and personal information, if necessary or useful for treatment, referral, billing, or insurance purposes.

15. Publicity Permission (Optional). I am aware that staff or others sometimes capture photographs, quotes, or other impressions or recordings of participants and share them with Sierra Club for use in a variety of ways, such as (but not limited to) in the newsletters, web pages, or social media of Sierra Club or its allies. I (and Minor Participant, if any) agree not to restrict or condition such use in any way, unless I've indicated otherwise near my signature.

I CONFIRM THAT I (OR MINOR PARTICIPANT, IF ANY) AM VOLUNTARILY PARTICIPATING IN ONE OR MORE ACTIVITIES WITH FULL KNOWLEDGE OF THE RISKS. ON MY BEHALF (AND ON BEHALF OF MINOR PARTICIPANT, IF ANY), I FULLY ASSUME AND ACCEPT ALL RISKS (KNOWN OR UNKNOWN, IDENTIFIED OR NOT) ASSOCIATED DIRECTLY OR INDIRECTLY WITH THE ACTIVITIES AND POTENTIAL DAMAGES, INCLUDING WITHOUT LIMITATION AS MAY BE CAUSED IN WHOLE OR IN PART BY ANY SIERRA CLUB NEGLIGENCE, THE NEGLIGENCE OF OTHERS, AND/OR ANY CONDUCT BY ME (AND/OR MINOR PARTICIPANT, IF ANY).

Participant (and Parent of a Minor Participant), please sign and date below:

Participant print name: _____

Date: _____

Participant signature: _____

Parent or Legal Guardian of a Minor: I, as a parent or guardian of the below named minor, hereby give my permission for my child or ward to participate in the trip and further agree, individually and on behalf of my child or ward, to the terms above.

Name of minor: _____

Parent or Legal Guardian Signature: _____

Date: _____

Supplemental Release Regarding COVID-19

This Release is supplemental to the Sierra Club Release Form Liability, Assumption of Risk and Binding Arbitration Clause (Agreement), which I previously executed. In the event of a conflict between that Agreement and this Supplemental Release, the terms of this Supplemental Release shall prevail. In all other cases, the Agreement remains in full effect. In addition, both the Agreement and this Supplemental Release relate to any postponed or replacement trip.

I am aware that while on or traveling to or from my trip, I may be exposed to COVID-19 from other people, animals, or objects. I assume all risk of any such contacts, including sickness, incapacity, or death and agree to hold harmless Sierra Club from any such developments. In addition, I recognize that the U.S. Department of State as well as the Centers for Disease Control and Prevention may also have warnings about these risks.

I also accept the following risks of participating on this trip including, without limitation:

1. All other risks associated with coronavirus (COVID-19) including preclusion from public or private buildings, land or areas; inconvenience, limitations, and closures;
2. Risk of my travel insurance not covering COVID-19 related claims;
3. All risks regarding transportation problems including, without limitation, entry into or exit from any country; difficulties with or closure of transportation systems; or the unavailability of other features or attractions within the country where my trip takes place;
4. The likelihood that at some or all destinations, facilities, cruises, motor coaches, hotels, or restaurants I may be required to undergo a temperature check, wear a mask while in public, and observe social distancing requirements and/or produce evidence of a vaccination against COVID-19;
5. The potential for being quarantined, even if I am not symptomatic and/or do not have COVID-19; or the possible requirement that I get a negative COVID-19 test immediately before, on, or after arrival at my destination, even if vaccinated against COVID-19;
6. Any expenses incurred, including but not limited to medical expenses, testing fees, quarantine, evacuation expenses, added air or hotel expenses, etc., are to be borne by the participant.

Participant (and Parent of a Minor Participant), please sign and date below:

Participant print name:

Date:

Participant signature: _____

Parent or Legal Guardian of a Minor: I, as a parent or guardian of the below named minor, hereby give my permission for my child or ward to participate in the trip and further agree, individually and on behalf of my child or ward, to the terms above.

Name of minor:

Parent or Legal Guardian Signature: _____

Date:

Medical Form: Local Outings



General Information

Full name: _____ City: _____ State: _____ ZIP: _____

Age: _____ Date of birth: _____ Phone: () _____

I identify my gender as: _____ Primary Emergency Contact: _____

Address: _____ Phone: () _____

Allergies

Include allergies to food, insect bites and stings, medicines, animals, and the environment (dust, pollen, etc). Use a separate sheet if needed.

Select if no allergies

Allergy	Reaction	Medication required (e.g. epipen, antihistamine)	Is your allergy serious or life-threatening? How so?
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Medications

Please list all prescriptions, over the counter, natural medications, medical marijuana and inhalers you are currently taking. Include prescription medications taken for episodic or emergency use. Note if this is a recent change in dosage or prescription. Use a separate sheet if needed.

Select if no medications

Medication name	Dosage	Frequency	Current side effects	Reason for taking (symptom/condition)
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General Medical History

Are there any conditions or limitations (mental, emotional, or physical) that may affect your participation on this trip? If yes, please explain.

Yes No

Have you been fully vaccinated for COVID-19, including the waiting period? Yes No

Have you tested positive or experienced any covid symptoms in the past 2-14 days?

Symptoms include (from CDC):

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea, vomiting, or diarrhea

Yes No

Participant (and Parent of a Minor Participant), please sign and date below:

I certify that the information provided above is true, complete, and accurate. Other than any limitations described in this form, or any other information I have provided, I agree I (or my child) can participate in all trip activities. I agree to contact the Sierra Club promptly to provide additional information if my (or my child's) medical or health condition changes before the start of (or during) the trip. I acknowledge that falsifying or providing inaccurate or incomplete medical information can create serious risks to me (or my child) or to others and may result in dismissal from the trip.

Participant signature:

Print name:

Date:

Parent or Legal Guardian signature
(if participant is a minor):

Print name:

Date: