



Dallas Regional Group,
Lone Star Chapter

Memorial Day Weekend Hiking/Backpacking Trip to the Sacramento Mountains

Lincoln National Forest, Cloudcroft, New Mexico
8:00 PM, Friday, May 23, 2014 – 6:00 AM Tuesday, May 27, 2014

Bus Trip Coordinator: Mark Stein, Mark@SteinPlanning.com, 214.526.3733

This is a new destination for a Dallas Sierra Club sleeper bus trip. We chose it for its location in a climate zone where snows will have melted by late May and normal late May high temperatures are in the upper 70's. At 8,700 to 9,500 feet above sea level, the altitude and terrain are ideal preparation for hiking or backpacking at higher altitudes and fun in their own right.



About the Sacramento Mountains: The Sacramentos are a north-south chain, a "sky island" of pines, firs and aspens isolated from the rest of the Rocky Mountains. The steep western slopes were once connected to the San



Andres Mountains, 50 miles west across the Tularosa Basin. Millions of years ago, the Tularosa sank 11,000 feet before accumulating 6,000 feet of sediment. Now the altitude difference is 5,000 feet between the crest of the Sacramento Mountains and the white sands of the Tularosa Basin, visible from west-facing overlooks on parts of the Rim Trail, where we'll backpack.

Veterans of Sierra Club trips to the White Mountain Wilderness, thirty air miles north of this year's destination, may recognize that the

White Mountains and the Sacramentos are extensions of the same mountain range. The Rim Trail and the Crest Trail in the White Mountains both trace the spine of the range near its western rim.

Lincoln National Forest was created in 1908, largely from land set aside between 1902 and 1907 to conserve a water supply and to protect downstream land from floods thought due to over-grazing in the mountains. Today's Lincoln NF has three separated units - the Smokey Bear District (including the White Mountain Wilderness), the Sacramento District (south of Smokey Bear and separated from that unit by the Mescalero Apache Reservation) and the Guadalupe District, extending south to Guadalupe Mountains and Carlsbad Caverns National Parks.

The Rim Trail and our day hike trails in the Sacramento District are generally forested. A railroad from El Paso and Alamogordo was extended to Cloudcroft by 1900 to enable large-scale timber harvesting in the mountains. Cloudcroft quickly became a vacation destination. The Lodge hotel was built in 1899 and rebuilt in the 1920s. It operates today as an upscale resort. The "Cloud-

Climbing Railroad” that mastered the steep grades from Alamogordo by switching backwards up the slopes, ceased operation in 1947, but its grade beds and trestles are preserved in several locations.

Four Trip Options: Within this trip are four smaller group options -- three for backpacking and one for hiking from a base camp. Each option follows part of the Rim Trail near the west rim of the Sacramento Mountains. See the map for an overview of the four trip routes.

Saturday around 6:30 AM, the bus will arrive at Slide Camp, a group site reserved for the Dallas Sierra Club all weekend, where everyone will disembark to eat breakfasts brought from home. You'll want a jacket for this early arrival. Our dwell time at Slide should be ample to cook breakfast on a portable stove if you wish. The bus will depart Slide with Trips 2, 3 and 4 about 90 minutes after arrival. Slide Camp has a shelter covering picnic tables, vault toilets, and a fire pit with seating, but no running water. See the “Water” section to learn how we'll procure water. Trip 1 will camp two nights at Slide Camp and hike on the Rim Trail, then use the bus to access other trailheads near Cloudcroft on Sunday and Monday. Trips 2, 3, and 4 will reboard the bus for starting trailheads, caching water for later retrieval at stops along the way. Each of these latter three trips will backpack north on the Rim Trail to arrive at Slide Camp after one or two nights. Read the trip option descriptions before choosing an option you prefer. Participation on each trip option will be limited. We expect the small group trips to average seven to nine participants.



Trip 1: Base camp with moderate difficulty day hikes

After Saturday breakfast at Slide Camp, Trip 1 hikers will pitch camp there for two nights. Hike on the Rim Trail to a viewpoint, then on to Haynes Canyon for lunch. Explore off-trail down the canyon as far as the group wishes before returning to camp. Sunday, the bus will meet hikers after breakfast for a lift to the Switchback Trailhead and a day hike downhill on the historic Cloud-Climbing Railroad grade, then uphill on the Old Cloudcroft Highway Trail to Mexican Canyon Trestle and the Village Spur Trail before boarding the bus to Slide Camp. After breaking camp Monday morning, the bus takes you to Cloudcroft to hike the Osha Loop Trail, explore Cloudcroft and eat lunch on your own before heading home in mid-afternoon. **Leader: Bill Beach, bbeach45@sbcglobal.net, 214-662-3224**



Day	Miles			Camp	Sleep Altitude	Highest Altitude	Total Climb	Comment	Difficulty
	Back-pack	Day Hike	Total						
Start @ Slide Trailhead (8,800')									
1	0.0	4.4	4.4	Slide	8,800	8,900	900	Optional hike into Haynes Canyon could add up to 3 RT miles and 500' of climb.	ME to MS
2	0.0	6.6	6.6	Slide	8,800	8,700	1,000	.	M
3	0.0	2.7	2.7			8,700	200	Bus to Cloudcroft for hike Osha Trail hike (2.7 mi., incl. RT from Burro Ave.). Lunch in Cloudcroft on your own	ME
Total	0.0	13.7	13.7				2,100		
Finish @ Slide trailhead (8,800') and Cloudcroft (8,700')									



Trip 1 day hikes the thick solid lines.

Slide Camp (Backpack trips finish here.)



Trip 2: Moderate difficulty backpacking on the Rim Trail plus day hiking on the Osha Trail

After Saturday breakfast at Slide Camp, reboard the bus to cache water near your night's camp and continue to your trailhead at Karr Canyon Road. Hike north on the Rim Trail to a campsite in a glade near the top of the Bear Wallow basin. Retrieve your cached water a half-mile from your camp via trail. Sunday, continue north on the Rim Trail to Slide Camp for the evening. Break camp Monday before riding the bus to Cloudcroft and a day hike on the Osha Loop Trail and a view of the Mexican Canyon Trestle, then eat lunch on your own in Cloudcroft and explore the village. Board the bus for home in mid-afternoon. Participants should have at least one previous overnight backpacking experience. **Leaders: Liz Wheelan, lizwico@aol.com, 214-368-2306 and Lynn Marple, mymarple@gmail.com, 972-644-7266**

Day	Miles			Camp	Sleep Altitude	Highest Altitude	Total Climb	Comment	Difficulty
	Back-pack	Day Hike	Total						
Start @ Sunspot Hwy. and Karr Canyon Road (9,300')									
1	5.6	1.0	6.6	Bear Wallow East	8,900	9,300	900	Retrieve cached watered near camp at end of day	M
2	5.5	0.0	5.5	Slide	8,800	9,100	800		M
3	0.0	2.7	2.7			8,700	200	Mileage includes link from Burro Avenue.	ME
Total	11.1	3.7	14.8				1,900		
Finish @ Slide trailhead (8,800') and Cloudcroft (8,700')									

Trip 3: Moderately strenuous backpacking on the Rim Trail plus day hiking on the Trestle Trail

Trip 3 logs more backpacking miles than Trip 2. Departing Slide Camp by bus on Saturday morning, Trip 3 caches water en route to its disembarkation point at Atkinson Field Road. After hiking less than a mile on a road, the trip crosses Atkinson Field to find the Rim Trail before heading north. The Rim Trail loosely follows a north-south ridge, but dips into valleys along its way and crosses two roads before reaching Trip 3's Saturday night camp in the upper reaches of seasonally dry Bear Wallow Creek's south fork, near the water cached earlier that morning. Sunday the trip continues north to Slide Camp, joining Trips 1 and 2. Monday morning after striking tents, Trip 3 boards the bus to Cloudcroft for a day hike via the Village Spur and Trestle Trails to view the reconstructed Mexican Canyon Trestle and the S-Trestle ruin before lunch in Cloudcroft. After lunch, participants may explore the village or hike the Osha Trail Loop as time permits before leaving for Dallas in mid-afternoon.



Leader: Mike Pfoser, mikepindallas@att.net, 214-518-8056, with Jim Barton as mentor on Mike's provisional leadership trip

Day	Miles			Camp	Sleep Altitude	Highest Altitude	Total Climb	Comment	Difficulty
	Back-pack	Day Hike	Total						
Start @ Sunspot Hwy. / Atkinson Field Road (8,800')									
1	7.7	0.5	8.2	Bear Wallow South	9,000	9,400	1,500	Retrieve cached watered near camp at end of day	MS
2	7.2	0.0	7.2	Slide	8,800	9,300	700		M
3	0.0	3.0	3.0			8,800	700	Osha Trail option would add 2.7-miles, including link to/from Burro Avenue	ME to M
Total	14.9	3.5	18.4				2,900		
Finish @ Slide trailhead (8,800') and Cloudcroft (8,700')									

Trip 4: Moderately strenuous backpacking on the Rim Trail from Cathey Vista to Slide Camp

Trip 4 backpacks more than 19 miles on the Rim Trail, starting at Cathey Vista after making two water caches for retrieval on consecutive afternoons. Following the Rim Trail north, Trip 4 passes west of Cathey Peak and below the crest of a ridge with occasional views west through trees toward White Sands. The trail skirts the west rim of Atkinson Field and continues north. Upon reaching Alamo Peak Road, Trip 4 may camp before hiking east on the road to retrieve cached water or continue to the cached water to make camp. The Sunday camp destination is Bear Wallow South, a short enough distance to allow one of two side hikes – an early morning walk west on Alamo Peak Road to a tracking station atop the peak and a view to Alamogordo or a longer hike via road to Lower Karr Springs. Sunday's hike is to Slide Camp, where the bus will meet the trip for a ride to Cloudcroft and lunch before mid-afternoon departure for Dallas. **Leader: Clay Morton, claymorton@ymail.com, 214.914.4780**

Day	Miles			Camp	Sleep Altitude	Highest Altitude	Total Climb	Comment	Difficulty
	Back-pack	Day Hike	Total						
Start @ Cathey Vista (9,400')									
1	7.4	0.0	7.4	near Alamo Peak Rd. @ FR 339	9,300	9,500	1,400	Retrieve water cache near camp or day hike to the cache	MS
2	4.6	2.4	7.0	Bear Wallow South	9,000	9,300	1,200	Morning day hike to Alamo Peak (2.4 mi. RT and 300' climb RT) or to Lower Karr Springs (4.8 mi. and 1,300' climb RT). Retrieve cached water at day's end.	MS to S
3	7.2	0.0	7.2			9,300	600	Bus pick-up at Slide Camp for lunch in Cloudcroft	M
Total	19.2	2.4	21.6				3,200		
Finish @ Slide trailhead (8,800') and Cloudcroft (8,700')									

How to Register for the Trip:

1. Read everything in this document.
2. Print all three forms at the end of the document, single-sided, please.
3. Complete the forms.
4. Make a check or money order to **"Dallas Sierra Club."** The trip price is **\$255 per person if received by May 6** or **\$285 per person** if received after May 6. The price includes transportation from Dallas, a U.S. Forest Service fee, bottled water for the outbound bus trip and for caching, beverages for the return trip, topographic maps for trip leaders and miscellaneous trip expenses. Any receipts in excess of actual expenses will be applied to Dallas Sierra Club programs. You should bring sufficient cash for lunch on your own at a café in Cloudcroft on Sunday and for a Sunday evening Chinese buffet in Hobbs, New Mexico.
5. Mail your payment and the signed release form to **Mark Stein, 3631 Normandy Ave., Dallas, TX 75205**. You may scan and email the preference form and medical form or mail them with your payment and the signed release. (The Club requires an original signature on the release, not a scanned image.)

The Bus Trip Coordinator will send an email to confirm receipt of your forms and check. Receipt doesn't constitute acceptance for the trip. The Bus Trip Coordinator and another trip leader will review your information, and may conduct follow-up interviews to determine your readiness for your preferred trip options. If the bus trip has sold out or if the leaders determine that this outing appears inappropriate for you, your payment will be refunded in full. Assignments to one of the four trip options and to seats on the bus will be based on the order in which all completed forms and payment are received. The earlier you sign up, the more likely it is that you will get to hike on your preferred trip and get the seating you prefer.

Cancellation Policy: Notify the bus trip coordinator if you must cancel. There is a \$30 fee for cancellations through May 6, 2014. There will be no refunds for cancellations after that date. See the Travel Insurance paragraph below. On rare occasions the Dallas Sierra Club must cancel or change trips. If this occurs, our responsibility is limited to a refund of any trip fees you have already paid. The Dallas Sierra Club is not responsible for airfares or other payments you incur that are a consequence of a trip cancellation or change.

Travel Insurance: We strongly encourage you to purchase travel insurance to cover non-refundable expenses in the event you or the Dallas Sierra Club cancels a trip, medical expenses incurred on a trip and possible medical evacuation from a trip. The Sierra Club has made arrangements with USI Travel Insurance Services for you to purchase a comprehensive travel insurance plan. Visit <http://www.travelinsure.com/what/selecthigh.asp> for details. Feel free to contact USI Travel Insurance Services if you have any questions on policy options or coverages. Dallas Sierra Club is not equipped to answer questions about travel insurance. Other trip insurance companies are available.

Departure and Return: Our chartered sleeper bus departs on Friday, May 23 at 8:00 PM from the Walmart parking lot at the northwest corner of LBJ Freeway (I-635) and Midway Road, behind the La-Z-Boy store. Arrive by 7:30 PM to load your gear. The bus will leave promptly at 8:00 PM and will not wait for late arrivals. If you leave your vehicle at Walmart, be sure to hide valuables. Neither the Sierra Club nor its leaders nor Walmart are responsible for the security of your car or its contents. Plan to eat before boarding the bus or bring dinner with you. We'll make a seat-to-bunk conversion stop at a fast food restaurant or truck stop soon after 9 PM. The bus will return to the Walmart lot by 6:00 AM on Tuesday, May 27. We'll have an updated return time upon leaving dinner in Hobbs, New Mexico around 9:00 PM Monday.



Bus Comfort Tips and Bus Safety Rules: We ride in a chartered sleeper bus with professional drivers. The bus is equipped with a bathroom. Seats will be converted into bunks by trip leaders during a stop for that purpose. The bus can get cool or cold at night, so you'll need a sleeping bag, blanket or fleece at night or you could be very uncomfortable. Consider bringing earplugs and a sleep mask as many veteran bus trippers do. Have a light jacket available on the bus, no matter how warm or dry it is when we leave Dallas. It could be cold or rainy in the early morning when we arrive at our destination.

You can stash a small, crushable bag (8 inches high by 12 inches deep) in either an overhead bin above your seat or under your seat. Larger items go in the cargo bins below the bus interior. Sleeping bags for on-bus use, pillows and other bulky items can be stashed in a designated cargo bin. You'll have access to this stuff when we convert the bus into bunks.

Bottled water will be provided for your consumption on the bus. You're encouraged to stay well hydrated. In addition to water, beer and soft drinks will be provided on the return trip.

You may leave gear on the bus while hiking. Temperatures on a parked bus can get hot; use caution if leaving electronic devices. Most people leave a change of clothes for the return trip on the bus.

These rules are important for safety and courtesy to your fellow bus passengers:

- Glass containers are not allowed on the bus. They can break, causing a hazard and mess.
- No perfume or cologne, please. Some people are highly sensitive to scents.
- Smoking isn't allowed.
- Music or electronic devices are fine, but only with earphones that don't leak sound.
- After the seats are converted to bunks, reading lights are out and quiet should be maintained.
- Try to limit phone calls to rest stops. Turn off phones during quiet hours. There are no cell phone charge stations for passengers on the bus. Don't ask the driver to charge your devices.
- If you have requests or questions on the bus, please ask the Bus Trip Coordinator or a trip leader, as we want the driver to concentrate on driving.

Your Experience and Conditioning: Participants should be in good physical condition. If you doubt your physical condition, consult your physician before participating. As a rule of thumb, if you can walk around White Rock Lake (9 miles) with a light pack in under three hours in cool weather without being overly taxed, you should be in adequate shape for at least Trips 1 and 2. We encourage you to discuss your abilities and hiking and backpacking experience with the Bus Trip Coordinator or one of the trip leaders if you have any question about the suitability of the trip for you.

Weather: Average low temperatures for late May near Cloudcroft have approached 50 F, highs 80 F. Allow deviation of 10 degrees from those norms. May is typically the end of the dry season, but rain is a year-round possibility, so rain gear is essential.

Gear: Each person is responsible for bringing his or her own food and equipment, although arranging to share with a friend is fine. Contact trip leaders before departure if you'd like advice about gear. If your loaded pack weighs more than 25 or 30 pounds before water, you should probably lighten your load.

Basic equipment: You need a lightweight tent for shelter from rain, a sleeping bag suitable for temperatures in the 40's (possibly 30's) and a sleeping pad to insulate you from cold ground. You need a backpack and a pack cover to protect from rain. Bring water containers (See "Water" paragraph), a headlamp (much more satisfactory than a flashlight) and personal first-aid and health items, including a lightweight trowel and toilet paper plus a zip-lock bag for used paper. Bring 30 to 50 feet of cord and a waterproof sack so you can bear-bag your food, trash and toiletries.

Food: Bring enough for three breakfasts, two no-cook lunches and two dinners. Bring a lightweight burner and fuel for cooking unless you prefer all cold meals or will share cooking with a friend. We don't build fires at trail camps. Without them, leave-no-trace camping is far easier, we eliminate smoke odor and embers that can burn fabrics and we cut the risk of uncontrolled fires. The exception is at the Slide Camp, where there is a fire pit we can use with fuel brought from Dallas IF no fire ban is in effect. A fire ban is highly possible.

Clothing: Lightweight, versatile layers are key to comfort, given the temperature range we will experience. Five layers for your torso are recommended (including a rain/wind shell) and two layers for your legs (including rain pants). Cotton and denim are chilly and heavy when wet. Wear tested boots and two layers of socks (thin synthetic sock on the inside to preclude blisters), gloves and a cap to keep your head warm at night. You'll need a hat, sunglasses and sunscreen for UV protection.

Even when day hiking, take a jacket, rain gear, hat, food, water, flashlight, first-aid kit, whistle, matches and lightweight space blanket. If you twist an ankle or get lost, these essentials could save your life if you must spend a night away from camp. Potential nighttime lows in the 30's make hypothermia a threat.

Water: This trip will be unique in that we will carry 100% of our own water for the first trail day and Trips 2, 3 and 4 will cache gallon containers of potable water (provided by Dallas Sierra Club) en route to respective trailheads. The Rim Trail and the Slide Campsite are near the top of a watershed. Consequently, there are not streams where we can expect reliable water sources. The caching drill will be relatively simple. The bus will pause at designated points near the Rim Trail for backpackers to grab water gallon jugs from the cargo and seclude them in the forest. Later in the same day or the next, backpackers will retrieve their trip's cached water, pour it into smaller containers for backpacking, crush the gallon containers and pack out the empty gallons. The cached water requires no further treatment.

Trip 1 hikers will not cache water, but will make stops when riding the bus to and from trailheads to fill water containers from a faucet near the Ranger Station. Alternatively, Trip 1 hikers may walk one mile to the same faucet. **All participants on Trips 2, 3 and 4 should bring containers for packing four liters of water.** Some of those will be carried empty part of the time. Trip 1 hikers may bring containers for at least 2 liters. **DON'T fill personal water containers that will be carried in the under-bus cargo**, as a leak could wet gear and ruin the trip for several people.

Maps: Each trip leader will have a topographic map covering relevant segments of the Rim Trail and day hikes. You may ask your leader to view that map or bring your own. Our trails on this trip are relatively easy to find.

Post-Trip Party: We plan a pot-luck dinner and picture-viewing party after our trips. Details will be sent via email after the trip.

MORE RULES, CAUTIONS AND ADVICE

Minors: Minors (under 18) may participate when accompanied by their legal guardian at all times.

Leave No Trace: Leave-no-trace wilderness ethics are expected of all participants. All trash must be packed out; human wastes must be buried and used toilet paper should be packed out. (Bring zip-lock bags for that purpose). We disallow ground fires at all trail camps. Pets, radios and firearms are not allowed. No smoking is allowed, for both safety and consideration of others.

Bear Bags: Bears, bobcats, raccoons and coyotes live in our western part of the Sacramento Ranger District. Little nibblers are even more likely to pursue food left on the ground, even in bags. Prepare to hang smellable items in a bear bag each night and follow these guidelines:

- Bring food without strong aroma.
- Don't 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, cooking oils and trash.

Medical: Our trip leaders are not medical professionals, even though they've trained for wilderness first aid. Participants are encouraged to bring personal first aid supplies and a basic knowledge of how to deal with medical emergencies. Inform leaders if you have a medical condition that could require special treatment in an emergency, such as controlled diabetes, heart problems or allergic reactions. Carry necessary medications for these conditions on your person and let the leader know where you store them. If you're extremely allergic to bee stings, poison ivy or anything else we could encounter, ask your doctor if you should carry an antidote kit. The medical information you provide may be shared with medical professionals who treat you in the event of injury or sickness on the trip.

Group = Safety: The Sierra Club prohibits individuals from leaving the led group (the leader and those participants with the leader) to do separate day hiking or other activity. If you leave the group, you do so at your own risk. Participants who leave the led group against leader advice will be asked to sign out of the trip and are no longer part of the trip. If you take that risk, please don't hike alone. Most deaths in wild areas occur when a solo hiker becomes incapacitated, and dies of hypothermia or dehydration before being found. When leaving camp, even for a moment, especially at night, be careful to not get disoriented and lose your way back. If you do get lost, stop and wait to be found; don't wander.

Trip leaders: All our leaders are volunteers. They lead because they love backpacking and wild places. They're eager to share their delight and skills with you, but don't expect them to provide food or gear or to carry your stuff. Questions and concerns are welcome; complaining isn't. Trip leaders are in charge of your trip's itinerary and may change the planned route due to group capabilities, weather or safety concerns. It's important for group safety to follow the leader's directions. If you fail to obey a trip leader's instructions, you assume the risks and consequences.

Don't expect the trip leader or the group to do more than notify public authorities if you become separated from the group and don't return. Leaders are not allowed to search for missing persons at night and cannot put others in the group at risk to look for lost participants.

Have We Scared You? The Dallas Sierra Club has conducted trips such as this for more than forty years without serious injuries. If you are in reasonably good physical condition, have the necessary experience and skills, select a trip matching your abilities and don't do something stupid, these trips are reasonably safe. These cautions and disclosures of risk are intended to give you information necessary to make an informed decision about whether you should participate. Hopefully, they will also encourage those who do participate to act safely and carefully so we can all have a good time.

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



Please print and complete this form and send it to the Bus Trip Coordinator. You may scan and send this form to mark@steinplanning.com or mail it with your check and release form to Mark Stein, 3631 Normandy, Dallas, TX 75205.

Please fill in this form as accurately as possible. It is essential for leaders to evaluate individual and group health needs as part of trip planning, and for use during emergencies. After reviewing this form, the leader may contact you to discuss whether the trip will be safe and enjoyable for you considering your medical history.

We will keep the information on this form confidential. It will be seen only by leaders, medical personnel, or others who know and understand its confidential nature. This form will be destroyed following the trip. If you choose not to go on the trip, this form will be destroyed immediately.

General Information

First Name: _____ Last Name: _____ Nickname: _____

Address: _____ Gender: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Mobile Phone: _____

Email Address: _____ Date of Birth: _____

Height: _____ Weight: _____ Blood Pressure: _____ / _____ Resting Heart Rate: _____ bpm

Emergency Contact: _____ Relationship: _____

Home Phone: _____ Work Phone: _____ Mobile Phone: _____

Secondary Emergency Contact: _____ Relationship: _____

Home Phone: _____ Work Phone: _____ Mobile Phone: _____

Evacuation and Medical Insurance Information

We strongly encourage you to have medical and evacuation insurance and to bring your insurance card or other documentation with you on the trip.

Evacuation Insurance	Medical Insurance
Company Name:	Company Name:
Policy Number:	Policy Number:
Contact Phone Number:	Contact Phone Number:

Allergies

Include medicines, foods, animals, insect bites and stings, and environment (dust, pollen, etc.). NONE

Allergy	Reaction	Medication Required (if any)

Medical History

Please list all prescription, over-the-counter, and natural medications you are taking. Use a separate sheet if necessary.

Medication Name	Dosage	Frequency	Side Effects (known & potential)	Reason for Taking

Do you currently have, or have a history with, the following conditions (explain in blank and use separate sheet if necessary):

- Yes No Respiratory problems, Asthma, Do you smoke _____
- Yes No Diabetes _____
- Yes No Gastrointestinal problems _____
- Yes No Cardiac problems, Hypertension _____
- Yes No Neurological problems, Seizures _____
- Yes No Vision or Eye problems _____
- Yes No Hearing problems _____
- Yes No Bone, Joint, Muscle problems _____
- Yes No Head trauma, Traumatic Brain Injury _____
- Yes No Substance Abuse, Anxiety, Depression _____
- Yes No If female: Are you pregnant _____
- Yes No Have you had an illness within the last 12 months _____
- Yes No Have you had surgery or been hospitalized in the last 12 months _____
- Yes No Have you ever had problems related to exposure to altitude _____
- Yes No Any other health complaint or medical issue that would affect your participation in this trip _____

If YES, please explain _____

Date of last tetanus immunization: _____ Date of most recent physical: _____

Physician's name: _____ Phone number: _____

Address: _____

Please have physician sign if your leader requires a physical prior to trip

Physician's signature: _____ Date: _____

The information provided here is a complete and accurate statement of any physical and psychological conditions that may affect my participation on this trip. I realize that failure to disclose such information could result in serious harm to myself and other participants. I agree to inform my trip leader should there be any changes to my health status prior to the start of the trip. I understand the outing may require vigorous activity that is both physically and mentally demanding in isolated areas without medical facilities. **I am fully capable of participating on this trip.**

Trip Name: Sacramento Mountains Bus Trip **Trip Dates:** May 23-27, 2014

Signature (required): _____ **Date:** _____

Print Name: _____



SIERRA CLUB OUTINGS

Preference Form

Sacramento Mountains Trip
May 23-27, 2014

Please print and complete this form and send it to the Bus Trip Coordinator. You may scan and send this form to mark@steinplanning.com or mail it with your check and release form to Mark Stein, 3631 Normandy Ave., Dallas, TX 75205.

PARTICIPANT NAME: (printed): _____

TRIP PREFERENCE:

Trip choice (Trip 1, 2, 3 or 4) 1st choice: _____ 2nd choice: _____

SEAT AND BUNK PREFERENCES: We assign preferred seating to trip leaders, then try to honor preferences according to the date the Bus Trip Coordinator receives your complete set of (1) preference form, (2) medical form, (3) release form and (4) payment.

Front or back?	<input type="checkbox"/> Front	<input type="checkbox"/> Middle	<input type="checkbox"/> Back	<input type="checkbox"/> No preference
Aisle or window?	<input type="checkbox"/> Aisle	<input type="checkbox"/> Window	<input type="checkbox"/> No preference	
Top or bottom bunk?	<input type="checkbox"/> Top	<input type="checkbox"/> Bottom	<input type="checkbox"/> No preference	

Sit and bunk together with (if you have a preference): _____

BACKPACKING EXPERIENCE:

Have you participated in a previous Dallas Sierra Club bus trips? Yes No
If yes, where and when was your most recent trip?

Have you backpacked before? Yes No

If yes, where and when? _____

Have you backpacked at altitude above 10,000 feet? Yes No

How did you learn about this trip? _____

The Bus Trip Coordinator or one of the trip leaders may contact you to review your preparedness for a trip, particularly if you've not backpacked on a recent Dallas Sierra Club trip. We want your trip to be a safe and enjoyable experience.

I certify that I have read the attached trip descriptions and cautions, and understand the described difficulties and risks associated with the trip choices I have selected above. I certify that I have no undisclosed health problems that could require me to need immediate medical attention and that I am in sufficient physical condition to participate in the trips I have selected. I understand that immediate medical assistance will not be available if I become ill or injured while on this trip, that evacuation could take several days if I do become injured, and that I am responsible for any evacuation and medical costs that may be incurred, should I need medical attention.

SIGNATURE of adult participant: _____ Date _____

SIGNATURE of legal guardian if participant is a minor: _____ Date _____



SIERRA CLUB
OUTINGS

**Acknowledgment of Outing Member Responsibility,
Express Assumption of Risk and Release of Liability,
Sacramento Mountains Trip, May 23-27, 2014**

**Please print, sign and mail this form to Mark Stein, 3631 Normandy Ave., Dallas, TX 75205 with payment.
The Sierra Club requires your original signature (not a copy) on this form.**

I understand that during my participation in this Sierra Club Outing, I may be exposed to a variety of hazards and risks, foreseen or unforeseen, which are inherent in each Outing and cannot be eliminated without destroying the unique character of the Outing. These inherent risks include, but are not limited to, the dangers of serious personal injury, property damage, and death ("Injuries and Damages") from exposure to the hazards of travel and the Sierra Club has not tried to contradict or minimize my understanding of these risks. I know that Injuries and Damages can occur by natural causes or activities of other persons, animals, trip members, trip leaders and assistants or third parties, either as a result of negligence or because of other reasons. I understand that risks of such Injuries and Damages are involved in adventure travel such as Sierra Club Outings and I appreciate that I may have to exercise extra care for my own person and for others around me in the face of such hazards. I further understand that on this Outing there may not be rescue or medical facilities or expertise necessary to deal with the Injuries and Damages to which I may be exposed. In consideration for my acceptance as a participant on this Outing, and the services and amenities to be provided by the Sierra Club in connection with the Outing, I confirm my understanding that:

- I have read any rules and conditions applicable to the Outing made available to me. I acknowledge my participation is at the discretion of the Bus Trip Coordinator and my trip leader.
- The Outing officially begins and ends at the location(s) designated by the Sierra Club. The Outing does not include carpooling, transportation, or transit to and from the Outing, and I am personally responsible for all risks associated with this travel. This does not apply to transportation provided by the Sierra Club during the Outing.
- If I decide to leave early and not to complete the Outing as planned, I assume all risks inherent in my decision to leave and waive all liability against the Sierra Club arising from that decision. Likewise, if the leader has concluded the Outing, and I decide to go forward without the leader, I assume all risks inherent in my decision to go forward and waive all liability against the Sierra Club arising from that decision.
- This Agreement is intended to be as broad and inclusive as is permitted by law. If any provision or any part of any provision of this Agreement is held to be invalid or legally unenforceable for any reason, the remainder of this Agreement shall not be affected thereby and shall remain valid and fully enforceable.
- To the fullest extent allowed by law, I agree **to WAIVE, DISCHARGE CLAIMS, AND RELEASE FROM LIABILITY** the Sierra Club, its officers, directors, employees, agents, and leaders from **any and all liability** on account of, or in any way resulting from Injuries and Damages, even if caused by negligence of the Sierra Club its officers, directors, employees, agents, and leaders, in any way connected with this Outing. I further agree to **HOLD HARMLESS** the Sierra Club, its officers, directors, employees, agents, and leaders from any claims, damages, injuries or losses caused by my own negligence while a participant on the outing. I understand and intend that this assumption of risk and release is binding upon my heirs, executors, administrators and assigns, and includes any minors accompanying me on the Outing.
- I have read this document in its entirety and I freely and voluntarily assume all risks of such Injuries and Damages and notwithstanding such risks, I agree to participate in the Outing.
- I have read, I understand, and I agree to the Cancellation Policy of the Dallas Regional Group, Sierra Club.

Name: _____

Signed: _____ Date: _____

If you are a minor (under age 18), your parent or legal guardian must sign this Agreement on your behalf.

I hereby agree and consent to the foregoing Agreement on behalf of the minor below.

Print Name and Age of Minor: _____ Age: _____

Signature of Parent or Guardian: _____ Date: _____