



Dallas Sierra Club BUS TRIP to TAOS, NM



Thursday, February 16 – Monday, February 20, 2012

(Price discount for reservations received by Friday, January 20)

Bus Leader: Liz Wheelan, Lizwico@aol.com or 214-368-2306

Fresh snow on the mountains, scenic overlooks, new hiking and snowshoe options. Hot tub to snow camping, this trip has it all! READ ON and make plans now to join us for fun in the winter wonderland of northern New Mexico! The Dallas Group's Taos Bus Trip is unique because it accommodates people with a wide range of interests and physical abilities. The following write up includes information about the trip activities, exciting options, expectations and logistics you need to know before making a reservation. To be sure you are prepared and have fun, even if you've been on one of our past bus trips, we ask (ok, require) that you read this complete write up before signing up for the trip and review it again while preparing for the trip. Please feel free to contact the bus leader or a trip leader if you have any questions.

AREA DESCRIPTION: Taos is a historical and picturesque town in northern New Mexico, located at an elevation of 6,952 feet on the high-desert mesa at the foot of the Sangre de Cristo Mountains. While remaining relatively small (population 4,920) Taos is still rich with art and steeped in history. For more information you may contact the Taos County Chamber of Commerce at info@taoschamber.com, 575-758-3873 or 1-800-732-TAOS (8267). The Taos Ski Valley is a "magnificent snow basin north of Wheeler Peak", about 35 minutes from our Taos hotel (<http://www.skitaos.org/>).

DEPARTURE: Our chartered bus will depart **promptly at 6:30 pm CST on Thursday, February 16** from the Walmart parking lot located on the west side of Midway Road, just north of I-635/LBJ Freeway (not the Neighborhood Market Walmart store which is on Midway, south of LBJ.) Look for the white bus with "Red Carpet Charters" parked in the northeast area of the parking lot (behind the La-Z-Boy store that faces Midway Road). Please arrive around 6:00 pm CST to allow time to load your gear and get settled on the bus. There are no refunds for a "no show" and the bus will not be held for people arriving late.

We have chosen the Walmart location because the store is open 24 hours and the parking lot lights stay on all night. Still, car thefts are always a possibility so consider having someone drop you off and pick you up. If you leave your car, be sure nothing valuable is visible inside. Walmart, Sierra Club and Sierra Club leaders assume no responsibility for your car or belongings.

BUS STORAGE / HOW TO PACK FOR THE DRIVE: Please place all suitcases/bags/daypacks (those staying in Taos) and backpacks (those staying on the mountain) in the separate designated lower storage areas of the bus (look for signs posted on outside of bus). These items will not be accessible during our drive but will be available as soon as we reach our morning breakfast stop at McDonald's in Taos. There will also be a separate lower storage area designated for your "night time" bus items, including optional but highly recommended sleeping bag/blanket and small/travel pillow. Please be sure what you need for overnight is packed with your night time items or have them in your carry on. You will have access to these at our evening stop before "bedtime".

TRIP TO TAOS: Please eat dinner before boarding the bus or bring dinner/snacks with you to eat onboard. Our first stop after departing will be around 9:30pm or 10pm during which you may be able to buy food/snacks. During this stop everyone will disembark, the bus seats will be converted into bunks, you will get your nighttime items from the lower bus storage area and get ready for "bed". (See TRANSPORTATION / Sleeping section below.)

ARRIVAL IN TAOS: We expect to arrive in Taos around 7:00 am MST for a breakfast, and bathroom stop at McDonald's. During this stop you will have access to the lower bus storage area to store your bedding and get what you need and change into your clothes/gear for your Friday activity (it is helpful to have these easily accessible to save time). All participants hiking or snowshoeing this day should also fill their water bottles here. During this stop everyone who signed up to rent snowshoes will walk next door to pick up your snowshoes and poles (indicate need on your Preference form). Everyone will then re-board the bus for the drive to Taos Ski Valley/trailheads and the El Pueblo Lodge. Those staying in town this day may not be able to check into the hotel or get to their luggage until afternoon so take what you

need for the day with you. You will be able to check into the hotel and change clothes by afternoon, in plenty of time for those who want to take our afternoon bus up to the ski area for snow tubing.

RETURN TO DALLAS: All participants will depart from the El Pueblo Lodge at 2:00 pm MST on Sunday, February 19 for the trip back to Dallas. The trip will include one stop in eastern New Mexico for a sit down dinner and a later stop for bus refueling, restroom break and to convert the bus seats into bunks for sleeping. We expect to arrive back in Dallas at the Walmart parking lot between 5:00 am and 6:00 am, CST Monday morning, February 20. *Note:* while we almost always arrive back in Dallas as scheduled, there is always the chance of a later arrival due to bad weather or traffic delays. Please plan accordingly.

COST: The trip fee is based on the lodging and options you select since each trip provides different activities and amenities (please carefully read the “Trip Descriptions” section later in this write up for complete details).

- **Cost for participants staying in the HOTEL (“townies) is \$380.00 for reservations received by January 20 or \$405 if received after January 20.** Trip cost includes bus transportation to/from Taos, double-occupancy lodging at El Pueblo Lodge, transportation for Friday and Saturday scheduled activities including the optional snow tubing Friday night, plus a Saturday evening wine and cheese social with the group.
- **Cost for participants SNOW CAMPING (“campers”) is \$255.00 for reservations received by January 20 or \$280 if received after January 20.** Trip cost includes bus transportation to/from Taos, our scheduled transportation to/from the Bull of the Woods trailhead and arrangements at El Pueblo Lodge for showers on Sunday.
- **Cost for participants staying in the YURT (“yurters”) is \$280.00 for reservations received by January 20 or \$305 if received after January 20.** Trip cost includes bus transportation to/from Taos, our scheduled transportation to/from the Bull of the Woods trailhead, yurt fees and arrangements at El Pueblo Lodge for showers on Sunday.

A few additional notes about trip costs:

- **Single occupancy rooms** at El Pueblo Lodge can be reserved, if available, for an additional \$100.00 (indicate on your Participant Preference form and add \$100 to your payment).
- **Breakfast** on Saturday and Sunday morning is included for those staying at the El Pueblo Lodge.
- The **trip cost does not include** the cost of other meals, snowshoe, snow tube or ski rental equipment, lift tickets or entrance fees to any additional places you may choose to visit.
- **Bus money** - all participants will need to carry cash/charge on the bus for food/snacks on the way to and from Taos, and for breakfast and any equipment rental Friday morning upon arrival in Taos. Don’t have your money packed in your bag under the bus!

WHY RESERVATIONS are NEEDED BY JANUARY 20 - We are a volunteer organization and need to confirm we have enough sign ups by that date to cover all our trip expenses. Reservations may or may not be available/ accepted after January 20 (contact the bus leader for more information). The trip is in jeopardy of being canceled if not enough reservations are received by January 20.

How to make your reservation - after reading this entire trip write up you may make your reservation by sending your check or money order (payable to Dallas Sierra Club) and all three required forms, completed and signed (Participant Preference form, Medical form and the Sign-In/Release of Liability) to the bus leader at the address on the Preference form. You are not signed up for the trip until all of these have been received. Trip activity groups and bus seating assignments will be filled in the order in which your payment and completed forms are received. You should receive an email confirming when the bus leader has received your reservation. Please let them know if you have not received a confirmation within ten days of your reservation being mailed. Worried about getting a seat, your activity preference or mailing the check? Just contact the bus leader to arrange a convenient time for you to personally deliver your forms and payment.

Note: Receipt of payment does not constitute acceptance on the trip until both the bus coordinator and individual trip leader have reviewed the submitted Trip Participant Information and Medical form and conducted any follow-up interviews to determine suitability. The bus coordinator and individual trip leaders reserve the right to determine whether a particular trip is suitable for a prospective participant, based on that person’s experience, health, equipment and other factors. If the chosen trip is not deemed suitable for the prospective participant, they will be offered a suitable alternative

trip if available or their check will be returned. The money collected for the trip goes toward the transportation and other trip related expenses. Any funds remaining after the trip will be used for club related conservation and outings activities.

CST 2087766-40. Registration as a seller of travel does not constitute approval by the State of California. (California has a law called the California "Seller of Travel" Law. Since the Sierra Club is a California non-profit corporation, we are required to post this notice.)

CANCELLATION / NO SHOW POLICY: There is a \$25 fee for each cancellation regardless of date or if a replacement is found. For any cancellations requested after January 20 the balance of the trip fee will be refunded only if a replacement is found. There is no refund if you miss the designated bus departure. The bus will not be held for late arrivals. Please allow extra time for driving to the Walmart parking lot in rush hour traffic to avoid unnecessary stress and reduce the risk of missing the bus.

TRANSPORTATION: We will travel in a comfortable Van Hool, European style chartered sleeper bus with professional drivers. The bus seating configuration is similar to seating on an airplane – a middle aisle with two forward facing seats on each side. Those sitting in aisle seats sleep on the aisle side of the bunk. Those sitting in the window seats sleep by the window. You may indicate your seating preference on the Participant Preference form. Seating is assigned in the order reservations are received. The sooner you send yours in, the more likely you will get the seating you request.

Sleeping - Sleeping on the bus requires a relaxed attitude and for some is an acquired skill. Those seated side by side will share a bunk (upper or lower) when the seats are converted into bunk beds at night. All bunks are the same length and width. Those on lower bunks have a bit less headroom but a darker ambiance. Those on upper bunks have more headroom but also get a little more light from the outside. During our evening stop the bus will be unloaded (you *and* all carry-ons not stored overhead) and the seats will be converted into bunks (by bus driver and trip leaders, not passengers). During this stop you will be able to get your sleeping items (*not* packs or suitcases) from the lower storage area and use the public bathrooms to get ready for "bed" (brush teeth, etc.). As soon as everyone re-boards and gets settled, quiet hours will begin. Please respect your fellow passengers' need for sleep. The bus will be quite cool at night so you must have a blanket or sleeping bag or you will be uncomfortable. Upper bunks have no dividers between bunks (head/foot) and all bunks are narrow so a sleeping bag to help you know your "space" while sleeping is helpful. Many find it easier to sleep if you bring a small, travel size pillow, foam earplugs and a sleep mask to block the ambient sounds and light. Plan to snuggle in and be rocked to sleep by the gentle movement of the bus. All cell phones and alarms must be turned off during quiet hours. The bus leader will turn on lights to awaken everyone shortly before arrival in Taos and return to Dallas.

Carry On Items - Space is limited on the bus. Please limit any carry-on bag to a lightweight day pack or small (12" x 12" x 8") collapsible bag that will fit under your seat or on the small overhead shelf (12" deep by 8" high). Please use only a part of the overhead shelf above your seat so your seat mate also has some upper storage space. Keep in mind all items not in the overhead must be removed when you leave the bus for the seats to be converted to bunks for the evening. You should have a jacket available on the bus no matter how warm or dry it is when we leave Dallas or Taos – you have it available when we make a stop or arrival at our destination. Some additional items to consider including in your carry on are your wallet, small flashlight, snacks, toothbrush and paste and any medications needed.

Movies - New! The bus has a DVD player and six small TV screens so if you have a DVD you think the group would enjoy watching, *please bring it with you*. The bus leader promises *chocolate for anyone who brings* suitable viewing options (DVDs - movies, nature related shows, classic TV comedies, etc. No "R" ratings, violence or gory stuff – this is supposed to be fun!). We'll take a vote onboard to see which, if any of the choices we want to watch. Those not wanting to hear the movie are welcome to bring earplugs for a quieter ride.

Bus Survival Hints 101: You are welcome to bring a filled, reusable water bottle, a deck of cards or other games (no electronic sounds), and/or reading material. Each seat has an overhead reading light. Additional water will be provided en route to Taos (we encourage good hydration to help against symptoms of altitude sickness while in Taos). Some water, sodas and beer will be provided on the return trip (indicate any favorites on your preference form – cans only).

A few important reminders for your safety and as a courtesy to your fellow bus passengers:

- No glass containers are allowed on the bus as they can break causing a hazard and mess to either clean up or live with for the duration of the trip.
- No perfume or cologne – some are highly sensitive to the scent, especially while in a confined area of a vehicle.
- Smoking is not allowed in the bus or around the bus. If you do smoke during a rest stop please do so away from the group and be sure to properly dispose of the butts.
- The bus has a bathroom with toilet paper but no sink so we suggest bringing hand sanitizer or hand wipes.

- It's a good idea to have a small headlamp or flashlight in case you need to get up during the night.
- Electronic/music devices may be used on the bus only with earphones or muted so they can not be heard by those around you. All devices should be turned off during quiet hours.
- Please try to make any necessary phone calls during our rest stops. Cell phone use on board the bus should be only when absolutely necessary. Cell phones must be turned off during quiet hours.
- If you have any questions or requests during the trip please chat with the bus leader or a trip leader, not the driver. We want the driver to concentrate on the drive and not deal with possible conflicting information or instructions.
- We prefer participants bring little or no alcohol on the bus.

WATER: *Please do not fill your water containers for hiking before leaving Dallas.* They could leak and soak other gear. Since these are winter hikes there will be no water during the outings as streams and lakes will likely be frozen or snow covered. Pack leak-free containers to carry water in the quantities specified for your trip (two liters minimum for all snowshoers). Everyone needing water for Friday activities will fill their water bottles Friday morning at our breakfast stop at McDonalds. Those in the yurt will have firewood to melt snow for water during your stay on the mountain. Snow campers must bring sufficient fuel to melt snow for all their water needs while on the mountain (cooking and drinking).

Reminder: when we say you need water, we mean just plain, regular, good old fashion water. Sports drinks or a thermos of hot chocolate for a dayhike, all sound good but would be additional - you must also carry the water required. Be mindful that hoses and valves on hydration systems can easily freeze in winter conditions. We suggest carrying most if not all of your water in leak proof bottles wrapped inside your pack.

FLUIDS before trip: We strongly suggest drinking plenty of water and consuming less caffeine and alcohol beginning at least a few days before our departure so you are well hydrated to begin the trip. Also remember to drink plenty of fluids during the outings and throughout the weekend. High altitude, cold and exertion all contribute toward depleting the body's hydration. By drinking plenty of non-alcoholic, caffeine free fluids you can prevent dehydration and reduce your risk of fatigue and altitude sickness.

FOOD: Everyone is responsible for purchasing their own food during our drive to/from Taos. Those staying at the hotel in Taos are responsible for all meals while in Taos and will have breakfast included with your hotel room cost. Unless advised otherwise by the bus or trip leader:

- **Snow campers** bring their own food (to be reviewed at safety meeting – see “Trip Options”).
- **Yurt participants** should bring lunch for Fri. and Sat., plus a third lunch or snacks for Sun. in case your hike down or pick up are delayed. You will share group cooking and food (and cost) for all breakfasts and dinners at the yurt. The yurt leader(s) will contact participants before the trip to discuss the menu and shared cost (usually about \$20). You'll eat lunch in Taos on Sunday if things go as planned.
- **Friday snowshoers** need to bring or buy food at McDonalds (Fri. morning) to carry in your day pack for lunch.
- **Friday hikers** (WRRRA) may enjoy a group lunch at a local restaurant or pack/buy food at McDonalds to bring.
- **Saturday beginning snowshoers** may enjoy a late lunch with the group at the Bavarian Inn by the trailhead or bring/buy food in Taos beforehand to carry in your day pack.
- **Saturday snowshoers on the Bull of the Woods trail and those hiking (WRRRA)** need to bring or buy a lunch to carry in your pack. (You can buy lunches at the restaurant near our hotel if you place the order the night before or first thing Sat morning when they open.)
- **Skiers/boarders** may purchase food and drinks from a variety of restaurants at the Taos Ski Valley or bring your own food.

Reminder: Regardless of lunch plans, EVERYONE hiking or snowshoeing must carry water (see Water section above) and some extra food, like bars and/or trail mix, to have on hand in case of emergency.

FIRES / COOKING: For those in the yurt, all cooking will be done on the stove provided. All cooking done in camp or on trail must be done on backpack stoves. As a rule, campfires are not built on Sierra Club trips unless needed for emergencies and besides, any available wood will be deep under the snow.

WEATHER:

Taos – mountain weather is always hard to predict but February weather around the town of Taos averages in the lower 20s at night to the mid to upper 40's during the day. There is usually bright sun and often very dry air so bright days can feel warmer but overcast days can be quite chilly. It is likely there will be some snow on the ground and afternoon precipitation is not uncommon.

Taos Ski Valley - winter weather in the mountains surrounding the Taos Ski Valley is usually close to zero at night and 30's to 40's during the daytime outings.

CLOTHING / GEAR: Everyone is responsible for providing or making arrangements for their own equipment needs, and for their own food (except group meals for the yurt group). Trip leaders will check to ensure all participants are properly attired and prepared before leaving the trailhead. Anyone who does not have the proper equipment, water, food, clothing, and footwear may be switched to a trip requiring less equipment, if available. Leaders reserve the right to leave the unprepared at the trailhead. Please contact the bus leader or a trip leader before the trip if you have any questions.

In Taos – Given the temperature ranges, dress in layers so you can adjust clothing to stay comfortable and are prepared for the day. There may or may not be any snow accumulation in and around Taos but since it's near the mountains, afternoon precipitation is not uncommon, quickly turning it cooler, wet and/or slushy. Boots or waterproof hiking shoes are suggested for walking around town, as well as jackets and rain gear. Appropriate winter hiking boots are required for those snowshoeing and walking around the ski valley area. Lotion and lip balm are suggested.

In Taos Ski Valley and Wild Rivers Recreation Area - *the following lists include items and gear that are considered mandatory for all hikers/snowshoers:*

Clothing and footwear: appropriate layers and footwear for your respective high altitude, winter mountain activities are required. For complete details see *SPECIAL RISKS ASSOCIATED WITH WINTER EXPOSURE* section below.

Gear –. Everyone hiking or snowshoeing must have a daypack and those going to the yurt must have a backpack with hip belt. In addition to having the appropriate clothing and footwear you must also have rain/waterproof jacket and pants, warm hat, gloves, space blanket, food, water, map, watch, compass, flashlight or headlamp, first-aid kit, matches, whistle, toilet paper, small shovel and Zip Lock bags to carry out used TP; garbage bag and any personal medicines or items needed. (Your leader will provide the maps when needed.) If you twist an ankle, stay to help someone who gets hurt or you get lost, these essentials could save your life. A closed-cell pad, even a small one, is also highly suggested to protect from the cold for when you want/need to sit down on the snow.

Yurt participants must also have sleeping equipment suitable for sleeping in the yurt heated above freezing.

Snow campers will be required to attend a pretrip safety meeting (date TBA). They must have clothing, footwear and gear appropriate for the potential extreme cold, snow and wind associated with sleeping and hiking on the mountain during the winter. Anyone signed up for this activity but whom the leader feels is not a suitable participant will be offered a better suited activity group or their money refunded, whichever they prefer.

Hikers, snowshoers and skiers - due to the high altitude and intensity of the sun everyone should have sunglasses or goggles, sunscreen and lip protection. A hat isn't enough since the sun will reflect off the snow. Also carry ID and some money in case you have time and want to shop and/or eat in the ski valley area.

Footwear - Typically, there is deep snow accumulation for hikes on the mountain so waterproof boots and snowshoes and poles are required for everyone hiking those trails. Snowshoes may or may not be required for those hiking other areas such as Wild Rivers Recreation Area. If that is one of your activity options, please complete your Preference form as if snowshoes are required. If the bus leader finds out they will not be required, they will let you know.

For those needing snowshoes - the bus leader has made arrangements for a discounted group rental rate and pre-trip reservations for snowshoes and poles for everyone requesting them. The cost is typically around \$10-\$12 per day plus tax, making the two day rental about \$25. To ensure availability and because of our transportation schedule, all participants renting snowshoes will pay for a two day rental and pick them up during our Friday morning breakfast stop in Taos. Participants staying at the hotel will return their snowshoes at the store's ski valley location when they finish their hike on Saturday. Yurt and snow camp participants will also pay for a two day rental and return their snowshoes at the store's ski valley location when they come off the mountain Sunday morning. Please indicate on your Preference Form if you would like to be included in the group snowshoe reservation or if you will be bringing your own equipment. Please bring any personal snowshoes and poles in a bag/carrier with your name on the outside.

For those wanting to ski or snowboard - Taos Ski Valley is rated as one of the top ski resorts in the southwest. It has excellent runs for experienced skiers as well as great packages for beginners. For beginners, the resort offers a very cost effective package that includes lessons, equipment, and lift tickets. This is a great

opportunity for the first time skier to get started or to refresh your skills. Snowboarding is now allowed at Taos Ski Valley. For information, prices, weather and other information about Taos Ski Valley, see www.skitaos.org. You may bring your own equipment or rent. To save you from standing in long lines, we highly suggest making arrangements before the trip for any ski or snowboard rental equipment needed. A few weeks before the trip the bus leader will provide contact information for the ski rental store we've used and can recommend from past trips. They give us a group rate, include free overnight storage Friday night and are in a convenient location near the entrance to the ski valley area.

OUTING RULES, CUSTOMS, & NO-NOES: While we want everyone to have fun, our first priority is safety. Having "rules" may seem foreign to the idea of a wilderness experience; but, some rules are necessary to protect the fragile areas we love to visit and for group management to help us get along well together.

- The Sierra Club expects all trip participants to strictly follow Leave No Trace wilderness ethics. First and foremost is the old rule "take nothing but pictures, leave nothing but footprints". The only way our wilderness areas and historic sites can survive is for each of us to leave NO trace of our passing. If you find trash, try to pick it up and pack it out.
- No smoking is allowed in camp or along the trail both for safety reasons and in consideration of others. If you must smoke, step away from the group and be careful with ashes and butts. Pack out all butts.
- Dispose of human waste by digging a 6 to 8 inch deep hole and burying it. Do not bury toilet paper. Put it in a zip lock bag and carry it out with you. Same for any feminine sanitary items.
- Do not bring firearms, pets, electronic or musical devices (including iPods) of any kind on the trails. These items are not allowed on any Sierra Club outing. For safety and enjoyment purposes we need your ears open to nature and the voice of others. Leave the batteries at home and enjoy nature!
- No alcohol or influence thereof while on trail. Limiting any use of alcohol while off trail is recommended – it impedes hydration, judgment and safety, especially in higher altitudes and cold conditions.

RESTRICTIONS AND CAUTIONS: Participants should be in good health, with prior experience on trips of similar length and difficulty. If you have a question about your experience or physical ability, feel free to contact the bus leader or trip leaders. If you have any doubts about your physical condition, consult your physician before participating on any of these trips.

Minors may only participate if accompanied by their legal guardian or designated adult at all times. If you want to bring a minor child, please contact the bus leader for additional information and required forms.

Each participant must complete and return all three forms at the end of this write up (Participant Preference, Medical and the Release of Liability forms). Forms must be originals and signed by the participant – no faxes or copies can be accepted. The Medical form will be provided to your trip leader. Medical forms are considered confidential and will be destroyed after the trip.

The trip leaders are in charge of each trip's itinerary, and reserve the right to change the planned route due to group capabilities, weather, or safety concerns. While the leaders try to be as low key and non-dictatorial as possible in leading the group, it is important for group safety (and avoidance of chaos) to follow the leaders directions. By failing to obey the leader's instructions, you assume the risks of any consequences that result. Each participant is responsible for any rescue costs incurred.

The group should stay together to minimize the chances of someone getting lost, or an injured person going unaided. Sierra Club policy prohibits individuals from leaving the led group (the leader and those participants with the leader) to do separate day hiking. 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. Don't expect the group or the leader to do more than notify the authorities if you do not return. The leader's responsibility is to those who are following him or her, not to those who choose to follow a different route, and put themselves at risk. Note that if you leave the group and miss the scheduled bus pick-up at the trailhead, the bus will not wait and you will be responsible for finding and paying for your own transportation home.

If you get lost, stop and wait to be found. Leaders are not allowed to search for missing persons at night, and cannot put others in the group at risk to look for a lost participant. When leaving camp or the group, even for a moment, and especially at night, be careful to not get disoriented and lose your way back. Be careful when walking away from camp at

night, take a light and whistle with you and leave a light on inside your tent to guide you back. If you become lost at night, remain calm knowing that search help will begin in the morning.

ALTITUDE: Any time a group of people goes from an elevation of 500 foot to 10,000+, especially in less than 24 hours, a number of them will have some symptoms of altitude sickness, with headache, nausea and/or lack of appetite being the most common. Elevation for those hiking in the Wild River Recreation Area will range from 6,000 – 7,400 ft, with only moderate gain for those choosing an easier hike on Friday to a gain of 800 – 1,500 ft. for those choosing the longer/harder hike on Saturday. Elevation for those snowshoeing in the Taos Ski Valley area (including Williams Lake Trail and Bull of the Woods trail) will range from a low of 9,260 feet at the trailhead to over 11,000 feet. The base camp elevation for those staying in the yurt is 10,880 and slightly higher for those snow camping. For those susceptible to altitude sickness, check with your physician to see whether *Diamox (acetazolamide)* might be prescribed. Everyone should consider carrying aspirin or Tylenol for mild symptoms. Staying hydrated the week before and during the trip, being well rested, and cutting down/out alcohol and caffeine the week before and during the trip may help minimize the effects of altitude sickness. We suggest you not consume alcohol the first day at altitude. Also, don't sleep in a completely closed tent, or with your head buried in your sleeping bag. This cuts down on available oxygen, and worsens the morning "hangover" that some people experience at altitude. The best treatment for persistent symptoms is to move to a lower altitude. If you experience any dizziness, loss of coordination or slurred speech, inform the trip leader immediately, and get assistance in moving to a lower altitude. We would much rather walk with you to a lower altitude than get help to carry you out!

MEDICAL MATTERS / FIRST AID: The leaders are not medical professionals, but you can help them to be in the best position possible to render first aid should it be necessary. If any participant has medical training, please let the leader know before trip begins so they can rely on that expertise in an emergency. All participants are encouraged to have first aid supplies and a basic knowledge of how to deal with medical emergencies. Inform the leader if you have a medical condition that could require special treatment such as asthma, diabetes, heart problems, allergic reactions, etc. Carry any necessary medications for these conditions on your person at all times while on the trip, and let the leader know where they can be found. Medical help could be many hours and overnight in arriving. If you are extremely allergic to anything we may encounter, ask your doctor if you should be carrying an antidote kit. If you are blind without your glasses, bring a spare. The hikes offered are in a wilderness area, where rescue is difficult and time consuming. The nearest hospital is several miles away. Evacuations, especially those by air, can be extremely expensive and the injured party is responsible for payment of these costs. If you have a medical condition that could require immediate medical treatment, you should not go on the hiking trips offered.

SPECIAL RISKS ASSOCIATED WITH WINTER EXPOSURE: The most severe risks arise from extended exposure to cold temperatures. Hypothermia and frostbite risks require the participant to maintain a continual awareness regarding physical condition, location, and weather.

You can significantly reduce your risk of hypothermia by wearing (and continually adjusting for comfort) the proper clothing, bringing and using adequate gear, and staying with the group at all times. Winter conditions and high altitude create a significant risk for those not properly equipped, or those who are unlucky or reckless. An accident or mistake in these conditions while away from the group could kill you. For everyone's safety, please follow these rules. (1) Bring multiple, adjustable layers of clothing, rather than one heavy coat. Clothing should not be made of cotton since it does not wick. You will get very warm while snowshoeing and very cold when you stop. You have to adjust clothing quickly and frequently to avoid soaking your clothing in sweat while moving and then getting chilled when you stop. (2) Avoid down clothing except for use in camp. Down becomes useless when it gets wet. Pile and Capilene are best as insulating layers particularly when combined with a Gore-Tex water and windproof layer on top. (3) Tall "snow-pack" boots with felt liners are better than leather boots. If you do use leather boots, wear full cover (down to the sole) gaiters and lots of sealer, to keep your feet dry; otherwise, your boots will freeze during the cold night. (4) Be extremely careful while crossing streams or ponds. Falling in and getting wet is guaranteed to make you hypothermic if you don't have dry clothes to change into immediately. (5) Always have extra clothes, in case you do get wet. (6) Bring a layered combination of hats and balaclavas. Head, neck and face coverings are the most weight efficient clothing you can bring. (7) Always stay with the group. You will find yourself in a very dangerous situation if you are alone and get lost or hurt preventing you from returning to camp before nightfall. (8) Consider carrying extra clothing, extra food, tarp, ground pad, and even a sleeping bag and bivy sack while away from camp to use in case of an emergency. (9) Watch the weather closely, and return to camp at the first sign of worsening conditions. A whiteout can develop quickly, and without a clearly visible trail your getting lost is a real possibility. Someone in the group (preferably more than one) should have a

GPS with the camp location and route back to camp marked. (10) Stay well nourished. It takes a lot of energy to stay warm.

Other risks that should be guarded against include steep or unstable slopes and avalanche corridors (stay with the leader on the broken route), snow blindness (always wear sun glasses), frostbite (always use gloves and ear coverings), and dehydration (keep water liquid in insulated containers, and drink adequate fluids). Those snowshoeing will most likely pass avalanche areas. The trip leaders are familiar with those hazards; so, exercise caution if you choose to leave the trip while in progress.

The Dallas Sierra Club has run trips for over 30 years without any serious injuries. If you are in reasonable physical condition, have the necessary experience and skills, come prepared, and stay with the trip group rather than wandering off on your own, you won't be any more at risk than you would be staying in Dallas. The above cautions and disclosures of risk are intended to give you the information necessary to make an informed decision on trip selection and preparation.

POST-TRIP PARTY: We will continue the fun with a party a few weeks after our trip so we can share trip photos and enjoy a pot luck dinner. The party is tentatively set for Sunday, March 4 at 5:30pm. Details will be sent to all trip participants after the trip.

A FEW WORDS ABOUT THE TRIP LEADERS: Sierra Club trip leaders are volunteers who give their time and energy to share this experience with you. This trip is their vacation too. They receive no compensation or discount and have paid the same trip cost you have. Please respect the authority of your trip leader as they have experiences from prior trips and have taken classes and certification courses to ensure your safety and trip enjoyment. Please keep in mind:

- Leaders lead because they love the wilderness and want to share it.
- Leaders are not tour guides. Do not expect them to provide food and shelter or carry your stuff. Questions and concerns are welcome. Complaining is not.
- Leaders are in charge. No arguments. If you are disruptive, don't/won't follow instructions or are ill prepared for the trip, they may deny your continued participation. If that happens, your trip cost will not be refunded and you may need to make your own arrangements for transportation home. The safety and well-being of the group is their first priority.

DESCRIPTION OF TRIP OPTIONS

Great, you've read the complete trip write up above and are ready to pick what activities you want to do on the trip. (If you skipped to this part – don't. Everything above is important stuff and we need and expect you to understand it before signing up and going along.)

Please read the descriptions below and indicate your choices on your Participant Preference form. Please select activities that are a realistic match with your capabilities and gear, especially considering the altitude and winter weather. We want you to have fun but also need you to keep in mind that your performance on the trail can influence the safety and "fun factor" for you and the entire trip group. For safety and transportation reasons the number of participants on the hiking and snowshoe activities will be limited.

The information below will give you a general idea of the itinerary and degree of difficulty for each activity. Please feel free to contact the bus leader or trip leader if you have any questions or concerns. Qualified participants are assigned to their first trip selection preference until the trip has filled. The bus leader will confirm your trip reservation/assignment via email and will hand out a complete schedule after arrival in Taos.

If you change your mind about what you want to do, either before the trip or while in Taos, please notify the bus leader as soon as possible. If group size and circumstances allow, participants may change to a different activity.

THREE LODGING OPTIONS are described below – hotel, yurt and snow camping (each highlighted in yellow). For those wanting to stay at the hotel, there are also several daytime activities listed for you to consider

HOTEL: For those staying at the El Pueblo Lodge: The bus leader will advise you of your room assignment shortly before arriving in Taos. All rooms have two queen size beds and are non-smoking. Two people per room unless you request and pay for a single. If you have any questions about the hotel or your reservation before our departure please contact the bus leader.

A word about the El Pueblo Lodge – we have always enjoyed our stays at the El Pueblo. It is very comfortable and reasonably priced, especially for what it offers and compared to other hotels in the area. All rooms have been updated;

have full baths, small refrigerators, coffee makers, TVs, HBO, free Wi-fi and telephones. A new outdoor swimming pool and large hot tub have also been installed. The heated deck and hot tub will be great locations for star gazing or relaxing the muscles after a day on the mountain. The hotel provides fix yourself breakfast, a cozy room with fireplace for our wine and cheese social and is within easy walking distance to the Plaza and many of the restaurants and sites in Taos.

TRIP OPTIONS

HOTEL – stay overnight at **EL PUEBLO LODGE**, and:

FRIDAY activity options:

1. **Day in TAOS** - Have the day on your own to explore the many historical sites, galleries, museums, shops and neighborhoods of Taos. Catch our late afternoon bus from the hotel up to Taos Ski Valley if you want to join the fun snowtubing. No trip leader.
2. **SKI / SNOWBOARD** – our bus will drop you off at Taos Ski Valley Friday morning for a day on your own to enjoy the slopes. Take our first bus back to the hotel at the end of the afternoon or stay on the mountain to enjoy dinner or snow-tubing (see below). Take the second bus pick up mid evening to bring you back to the hotel. No trip leader.
3. **HIKE at Wild Rivers Recreation Area / VISIT LOCAL SITES** – we’ll meet at the El Pueblo Lodge for a brief orientation and gear check, then be transported in our SUV about 35 miles north of Taos to the beautiful Wild Rivers Recreation Area. This scenic area is where the Red River joins the Rio Grande, and both rivers have cut deep canyons into the Taos Plateau. We’ll stop at the Visitor Center if open, and then depending on the weather and group’s abilities we’ll enjoy a moderate, two – three hour hike. (Snowshoes may or may not be required. Please complete your Preference form as if they are. We’ll let you know.) On the way back to Taos we’ll make a short stop for those wanting to walk on the Gorge Bridge for the spectacular view of the Rio Grande. After lunch at a restaurant in Taos we’ll visit the beloved Ranchos de Taos Church, one of the most photographed in America. The church is an old adobe Spanish Mission church and is one of the most painted buildings in the world*. We’ll return to the hotel by mid-afternoon to retrieve your luggage from the chartered bus and check in to your room or if you prefer, spend more time on your own strolling among the shops, museums and galleries in town. Those up for more fun can also ride our late afternoon bus up to Taos Ski Valley for snowtubing Friday evening! (See “Add On” below.)

* If open, we may also try to visit the famous Taos Pueblo. If available we will use the guided tour so we learn even more about the history and culture of this very special place. Taos Pueblo is the only living Native American community designated both a World Heritage Site by UNESCO and a National Historic Landmark. The multi-storied adobe buildings have been continuously inhabited for over 1000 years. Cost is \$8 – \$10 for admission and \$6 per camera if you want to take pictures. See <http://www.taospueblo.com/> for more information. **Note:** Tribal Elders decide when the Taos Pueblo is open to the public, and whether or not a resident guide is available to lead a tour changes daily.

Leader: Liz Wheelan, Lizwico@aol.com, 214.368.2306.
Rated: Easy/Moderate due to altitude.

4. **SNOWSHOE Williams Lake Trail to/from Lake** - our bus will transport you to/from the Taos ski valley and then our four wheel drive transportation will take the group on to the Williams Lake trailhead parking area. You will enjoy a day hike on snowshoes through the beautiful snow covered Carson National Forest to relax and eat your lunch at alpine Williams Lake. Be sure to bring a camera if you want to capture the beautiful scenery! This hike is an in/out trail approximately 5 miles round trip at elevations from 9,600 to 11,040 feet. If time permits the group may enjoy a stop after the hike at the Bavarian Inn for a beverage of choice before heading to the ski valley to take our bus back to Taos, retrieve your luggage from the bus and check into the Lodge.

Leader: Greg Holman, greghol937@sbcglobal.net, 214.398.8061
Rated: Moderately strenuous due to altitude.

5. **ADD ON option for everyone staying in Taos: SNOW TUBING:** No matter how you spend the day, for those young at heart wanting more fun in the snow, snow tubing at Strawberry Hill (the bunny slope) will be offered Friday from 5pm – 7pm (weather permitting). No reservations are needed, but if you think you may want to participate please indicate on your Preference form and bring the appropriate clothing, boots and \$8 (CASH only) for the snow tube rental. There is no leader for this activity and this is not part of our Sierra Club trip. You assume all risks and liabilities, and the

decision is yours whether or not to participate. If you do want to participate, scheduled transportation has been arranged to/from the ski valley and the hotel at no additional cost. Join us – *it's a blast!*

SATURDAY activity options:

6. **Day in TAOS** - Have the day on your own to explore the many historical sites, galleries, museums, shops and neighborhoods of Taos.
7. **SKI / SNOWBOARD** – our bus will take you to/from the Taos Ski Valley for a full day on your own to enjoy the slopes. No trip leader.
8. **BEGINNER SNOWSHOEING / Lunch at Bavarian Inn** – for anyone who wants to try alpine snowshoeing for the first time or has done it before but prefers a half day hike, relaxed pace and plenty of time to take pictures of the beautiful surroundings! We'll meet after breakfast in the hotel lounge for an orientation and gear check, then use a four wheel drive SUV to take the group to the Williams Lake trailhead parking area. Depending on the weather and group's abilities, we'll enjoy about a three hour day hike on snowshoes through the beautiful snow covered scenery in Carson National Forest. We'll hike the first section of this in/out trail (approximately 2 – 2 1/2 miles round trip) at elevations from 9,600 to 11,000 feet. We'll then treat ourselves to a late lunch at the Bavarian Inn before heading back to Taos where you can spend the rest of the afternoon on your own to do a little shopping, sightseeing or just relax with a book.

Leader: Liz Wheelan, Lizwico@aol.com, 214.368.2306
Rated: Moderately strenuous due to altitude

9. **HIKE at Wild Rivers Recreation Area (longer hike than offered on Friday)** – we'll meet at the El Pueblo Lodge for a brief orientation and gear check, then be transported in our four wheel drive SUV about 35 miles north of Taos to the beautiful Wild Rivers Recreation Area. This scenic area is where the Red River joins the Rio Grande, and both rivers have cut deep canyons into the Taos Plateau. Depending on the weather and trail conditions participants will day hike about six to eight miles on a combination of trails that include a short but steep trail descending to the bottom of the Rio Grande canyon and connecting to other trails that wind through the river area. (Most likely snowshoes will not be required but please complete your Preference form as if they were - we'll let you know.)

Leader: Mark Stein, mark@steinplanning.com, 214.526.3733
Rated: Moderately strenuous due to altitude.

10. **SNOWSHOE Bull of the Woods Trail** - after breakfast participants will meet for a short orientation and gear check, then be transported to the Taos ski basin to day hike on snowshoes to the Bull of the Woods meadow. You will enjoy an outside lunch with breathtaking views and will also be able to take a peak in the yurt to see the lifestyle of those trip participants. This is an in/out trail but steeper than the trail to Williams Lake since it's just over 4 miles round trip with elevations of 9,400 to 10,880 feet. After lunch, participants will explore the meadow area before hiking back down to the ski basin, turning in your snowshoes and being transported back to the El Pueblo Lodge.

Leader: Greg Holman, greghol937@sbcglobal.net, 214.398.8061
Rated: Moderately strenuous / strenuous due to altitude.

FRIDAY and SATURDAY dinners / evenings: No other activities are planned for the evenings. Participants are free to stroll south toward the plaza in Taos to eat dinner at any number of places along the way. After dinner we've been known to find the "hot spots" in town to enjoy live music or you can come back to the hotel to enjoy the outdoor hot tub under the evening stars and a cup of hot chocolate by the kiva fireplace in the hotel lounge area.

SUNDAY you'll store your luggage (designated area tba) and check out of the hotel anytime before 11am. The morning is free to be on your own to explore a few last sites in town or enjoy a scenic walk. You may also join us for an optional (but too good to miss) group lunch at Taos Pizza Out Back (bus ride to/from restaurant is provided). Everyone should be back by 1:30pm to get your luggage to the bus and get settled for our 2:00pm departure.

YURT - Snowshoe / backpack. Stay overnight in yurt near Bull of the Woods meadow.

Limited to 10 participants. **Rated:** **Moderately strenuous/strenuous.**
Leaders: Lynn Marple, 972-345-5528, mlmarple@gmail.com and Cy Cantrell

This trip provides a snow camping experience without having to sleep on the snow. You will sleep and eat in a heated yurt; so, you will not have to carry heavy sleeping gear, tents, cooking gear, or specialized equipment. Total snowshoe hiking distance for the weekend is just over 4 miles plus another 8 miles of optional day hiking.

Friday after breakfast our bus will transport you to the Taos ski basin to the trailhead where you'll divide up and pack the group food, put on your snowshoes and backpack to a heated yurt near the Bull of the Woods meadow. Your hike will climb from 9,400' elevation a little more than 2 miles and 1,500 feet to Bull of the Woods Meadow. You and your fellow participants will camp both Friday and Saturday nights in a heated yurt sheltered by large trees at 10,880' elevation. After arriving at the yurt, participants will have time to unpack and play in the snow or take a short day hike.

The yurt at Bull of the Woods Meadow is 24' in diameter and accommodates up to 10 persons. This luxury yurt has been custom designed to be both roomy and warm. The yurt rests on raised platforms with insulated wooden walls, ceiling and floors. The woodstove has a glass front to ensure a warm and safe shelter, and there is plenty of dry, split firewood stacked for our use. The yurt has mattresses and pillows for your sleeping comfort, and has two futon couches/bunks that fold out for two double beds on the bottom and a full futon on top plus four additional mattresses to place on the floor for full occupancy. The yurt comes equipped with propane cook stoves and lanterns (gas provided), stainless steel pots and pans, dishes, silverware, glasses, knives, spices, Melitta filter cones and filters, toilet paper, paper towels, matches, and a selection of games. We will take turns making water by melting snow in a large stainless steel pot on the wood stove. There is an outhouse and the toilet seat hangs inside near the woodstove to keep it warm.

Saturday will include optional day hikes (morning and afternoon) to scenic overlooks within two miles of the yurt. Or, if you prefer you may just hang around the yurt to read a book (if you bring it), and fashion snow people. On Sunday morning participants will hike off the mountain down the same trail to board the bus in the Taos Ski Valley parking area. The bus will then proceed to El Pueblo Lodge where you can retrieve your return-trip gear, take showers, and join the group for an optional lunch at Taos Pizza Out Back or stroll toward the Plaza for other dining location of your choice.

SNOW CAMPING – Snowshoe / backpacking and tent camp Friday – Sunday on the mountain.

Limited to 6 participants. **Rated: Strenuous due to altitude and winter conditions. (Req'd pretrip mtg)**
Leader: Thai Le, thai_le@hotmail.com, 469.644.9820

This is a strenuous snow base camp and day hike to Frazier Peak. You will camp in tents and should be prepared to contend with cold temperatures, high winds and snow. After breakfast Friday morning the bus will drive to Taos Ski Valley and drop you off near the Bull of the Woods trailhead where you will start your snowshoeing from 9,400'. The hiking distance is approximately 2.8 miles with roughly 1,500' elevation gain. We will make camp, most likely a 20 or 30 minute hike from the Bull of the Woods meadow. This will take the good part of the rest of Friday afternoon. Weather permitting, on Saturday we will hike approximately 1.5 miles (600' elevation gain) to Frazier Peak. Be prepared to contend with exposure to high wind and accompanying wind chill. On Sunday we will break camp and snowshoe back down to the trail head. The bus will pick us up and take us to the El Pueblo Lodge where we can take a hot shower, put on clean clothes and either join the larger group for lunch at Taos Pizza Out Back or eat elsewhere in Taos.

Due to the strenuousness and constant exposure to the elements, you will have to meet a minimum experience requirement and recommendation from previous trip leaders or other qualified person. If you have not been on any Sierra Club trip 4 or 5, the leader will ask for a recent backpacking resume which must include trips to or over 10,000'. There will be a required pretrip meeting to review equipment and formalize gear sharing and tent partners.

TRIP FORMS: After carefully this complete trip write up, please complete the following forms and send them with your check to the bus leader (address on Preference form). Information on the forms will be used to assign participants to one of the trips listed above, assign bus seating and sleeping locations, reserve equipment and provide trip leaders with emergency contact and medical information. Your medical information will be shared only with your trip leader and will be destroyed after the trip. *It is your responsibility to notify the bus leader, no later than the day before the trip departs, if your medical information or circumstances change after you send in your trip forms.*

DALLAS SIERRA CLUB ~ TAOS BUS TRIP 2012
PARTICIPANT PREFERENCE FORM

Please return this and the following forms, along with your check payable to Dallas Sierra Club to:
 Liz Wheelan, 6800 Del Norte Ln., # 204, Dallas, TX 75225. One set of forms per person. Must be originals – no faxes.

Please print clearly. Print/copy on SINGLE SIDES ONLY and DO NOT reduce or staple.

PARTICIPANT NAME (please print): _____
 Current Sierra Club member: Yes ___ No ___ Amount of enclosed check: _____

LODGING and ACTIVITY PREFERENCES

Please indicate 1st and 2nd choice: **Hotel:** _____ **Yurt:** _____ **Snow camp:** _____

AND For those staying at the hotel, also indicate your 1st and 2nd activity choice for EACH day:

Friday, Feb 17:	Saturday, Feb 18:
____ Stay in Taos / on your own	____ Stay in Taos / on your own
____ Ski/Snowboard at Taos Ski Valley	____ Ski/Snowboard (Taos Ski Valley)
____ Hike Wild Rivers Recreation Area (shorter) Gorge Bridge / town sites.	____ Beginner/Easy Snowshoe (beg. of Wms Lake trail)
____ Snowshoe Williams Lake trail to Williams Lake	____ Hike Wild Rivers Recreation Area (longer)
	____ Snowshoe Bull of the Woods Trail

Comments: _____

BUS PREFERENCES:

Area of bus:	Front ___	Middle ___	Back ___	No preference ___
Seat:	Aisle ___	Window ___	No preference ___	
Bunk:	Upper ___	Lower ___	No preference ___	

Sit / bunk with (if know): _____ Movie suggestions: _____

In addition to water, on the return trip I will most likely drink: Soda ___ Beer ___ Both ___ Neither ___

Soda preference: _____ Beer preference (moderate price, cans only): _____

OPTIONS:

Hotel:	Shared room ___	Roommate (if unknown): _____
	OR Single Room (if available, add \$100 to trip payment): Yes ___ No ___	
	Upstairs Rm. ___	Downstairs Rm. ___
	No preference ___	
Snowshoes:	Group rental in Taos: Yes ___ No ___	Bringing Own ___
Ski/Snowboard Equipment:	Will make my own rental arrangements ___	
	Bringing Own ___	
Snowtubing (Friday option):	Yes ___ No ___	Undecided ___
Wine & Cheese Social (Sat.):	Yes ___ No ___	Undecided ___
	If yes, preferred wine: Red ___ White ___ Suggestions: _____	

GENERAL INFORMATION (required):

Have you hiked at high altitudes before? If yes, how high / how long: _____

If wanting to snowshoe on this trip, your experience: None/Beginner ___ Some/highest altitude _____

Have you gone on any past Dallas Sierra Club Taos trips? Yes ___ No ___ If yes, when: _____

Have you gone on any other Dallas Sierra Club bus trips? Yes ___ No ___

If YES, to where and about when: _____

By signing below, I certify that I have read the complete trip write up including trip descriptions, restrictions and cautions, and understand the described difficulties and risks associated with the trip(s) that I have selected above. I certify that I have no known health problems that would require me to need immediate medical attention, and that I am in sufficient physical condition to participate in the trip I have selected. I understand that immediate medical assistance may 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 Participant (Adult) _____ Date _____

Signature of Legal Guardian if Participant is a Minor: _____ Date _____

Outing: TAOS BUS TRIP	Date(s): February 16 – 20, 2012
Bus Leader: Liz Wheelan	Additional trip leaders: Cy Cantrell, Greg Holman, Thai Le, Lynn Marple and Mark Stein

**SIERRA CLUB Sign-In Sheet & Acknowledgment of Outing Member Responsibility,
Express Assumption of Risk and Release of Liability**

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 will pay any costs and fees for the Outing; and I acknowledge my participation is at the discretion of the 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.

Participant Name (please print): _____
SIGNATURE: _____ **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: _____



SIERRA CLUB OUTINGS

Dallas Sierra Club Outings Medical Form

Please complete this form and return it your bus trip leader along with your Preference and Release forms.

We ask for this information so that our leaders will know in advance of special medical conditions you may have, rather than learning about them in a crisis. Also, in the event of serious injury or illness, this form provides emergency medical personnel with a useful medical history. 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. The form will be retained along with your liability waiver for a period of time following the trip, after which it will be destroyed. If you choose not to go on the trip, this form will be destroyed immediately.

General Information

First Name: _____		Last Name: _____		Gender: <input type="checkbox"/> M <input type="checkbox"/> F	
Address: _____					
City: _____		State: _____		Zip: _____	
Home Phone: _____		Work Phone: _____		Cell Phone: _____	
E-mail address: _____			Date of Birth: _____		
Height: _____		Weight: _____		*Blood Pressure: _____	
				*Resting Pulse: _____	
<i>*numbers required – don't just say "normal"</i>					

Emergency Contact: _____ Relationship: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

If the above person is unavailable, please notify: _____ Relationship: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

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.

Company Name: _____ Policy Number: _____

Contact Phone Number (if applicable): _____

Allergies

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

Allergy	Reaction	Medication Required (if any)

Continued on next page . . .

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

- Recent illness? _____
- Accidents, operations, hospitalizations?
- Recent exposure to infectious diseases?
- Do you have asthma? Yes No *If yes, please list any medications above.*
- Do you have diabetes? Yes No *If yes, please list any medications above.*
- Do you have a history of high blood pressure? Yes No *If yes, please explain on a separate sheet.*
- Do you have any problems with your eyes or vision? Yes No *If you wear prescription glasses or contacts, we recommend bringing a spare set.*
- Do you have any problems with your hearing? Yes No *If yes, please explain.*
- Are you pregnant? Yes No
- Do you have any bone, joint, or muscle problems? Yes No *If yes, please explain on a separate sheet.*
- Have you ever had a seizure? Yes No *If yes, please explain on a separate sheet.*
- Have you ever experienced altitude problems? Yes No *If yes, please explain on a separate sheet.*
- Do you have any other medical issues that might affect your participation in this trip? Yes No

If yes, please explain: _____

- The outing may require vigorous activity, extended climbing and hiking, and other physically and mentally demanding exertion in isolated areas without medical facilities, medical providers, or means of contacting rescue or medical personnel. Please state below all physical or mental limitations and restrictions of which you are aware:
If you have no such limitations, please initial here: _____

- **Tetanus:** It is strongly advised that you are inoculated against this fatal disease and you obtain a booster within every 10 years. The date of your most recent tetanus inoculation or booster: _____ / _____ / _____

Physical Examination

Date of most recent physical: _____ / _____ / _____ Physician's name: _____

Address: _____ Phone Number: _____

Physician's signature (if required): _____

❖ *Please notify your trip leader immediately if any information on this form changes.* ❖

Trip Name: _____ Dallas Sierra Club TAOS BUS TRIP _____	Trip Dates: _____ February 16-20, 2012 _____
SIGNATURE (you must sign here): _____	Date: _____
PRINT NAME: _____	