



# Dallas Regional Group of the Lone Star Chapter

## White Mountains Wilderness Bus Trip May 27 - 31, 2011

**Bus Trip Coordinator:** Mike Rawlins, 318 Northview Dr, Richardson, TX 75080-1962  
972-783-0962 (Home), mikerawlins@dallassierraclub.org

**Area Description:** The White Mountains Wilderness Area contains about 48,000 acres located in the Sierra Blanca Mountains north of Ruidoso, New Mexico, near the Ruidoso ski area. The area contains a roughly "C" shaped ridge and the canyons on either side of it. The main trail runs along the top of this ridge and is known as the Crest Trail. The Crest features some of the best views and sunsets to be found anywhere. Many other trails are found in the forested canyons on the gently sloping east side of the ridge. The west side of the crest is steeper and offers great views of the snow like White Sands National Monument and the black Malpais lava flows. A sketch of the trail system is enclosed.

Elevations in the south part of the Wilderness rise to near 12,000 feet, while the northern boundary is near 6,000 feet. The two trailheads we use are near 8,000 feet elevation. Some trips will cross passes at around 10,500 feet.

Most of the canyons of the White Mountains have small streams and forests. The middle elevations are dryer with pinion pine and juniper, and some desert species. The higher elevations are cooler and wetter with spruce and fir forests. Much of the northern end of the Wilderness was burned many years ago and is home to a healthy oakbrush population. June is just beginning the wildflower season, but the wild irises are usually out.

**Departure:** Friday, May 27, at 7:00 PM from Wal-Mart, at the northwest corner of LBJ Freeway and Midway Road, at the northeast end of the parking lot near the La-Z-Boy Store. Please arrive by 6:30 PM to load the bus; it leaves promptly at 7:00 PM. It's best to have someone drop you off and pick you up at Wal-Mart. Wal-Mart and the Sierra Club and its leaders shall not be responsible for any damage to cars parked at Wal-Mart. If you must leave a car, you will need to include your vehicle description and license plate number on the attached form.

Plan on eating dinner before boarding the bus, or bring a sandwich on board with you. We will make a seat-to-bunk conversion stop at a fast food restaurant or truck stop near Abilene at about 10:30 PM.

**Transportation:** We will travel on a forty passenger chartered sleeper bus with professional drivers. The bus is equipped with a DVD player and five small TV's. Several movies are planned for the trip. On this sleeper bus, unlike the older models that we have used in the past, the day-seating all faces forward. The seats will be converted by the driver and trip leaders (not passengers) into bunks during a 30-minute rest stop at about 10:00pm. Quiet hours will be enforced after 10:30 PM. Please respect your fellow passengers need for sleep. While the bus is equipped with a chemical toilet, its use should be limited as much as possible to keep odor down and avoid disturbing sleeping passengers in the back of the bus.

Please limit carry-on luggage to small (12" x 12" x 8" high) crushable bags what will fit under the seats or in the very-small overhead bins (12" deep by 8" high); the aisles need to be kept clear. Only use overhead space immediately above your seat – don't take other's limited space. Because the seating arrangement is more like a plane without big overhead bins, you cannot carry on large bags, unless you plan to have them in your lap.

**Smoking and glass containers are not permitted on the bus.**

**Bus Survival:** The bus may be cool at night, so you may be more comfortable with a light blanket. You may also find it easier to sleep if you bring earplugs and a sleep mask. For the time when you are not sleeping, you may want to bring a few snacks, and/or some reading material. Have a jacket available on the bus no matter how warm it is when we leave Dallas. It is often near freezing when we arrive at the trailhead. Bottled water will be provided on the trip out to the White Mountains. You are encouraged to stay well hydrated. In addition to water, beer and soda will be provided on the return trip.

**Seating:** Seat assignments are based on the order that checks and forms are received. The sooner you send your check and your forms, the further forward in the bus you sit. Please indicate your seating preference - window or aisle, and top or lower bunk, on the sign-up form. Odd numbered seat rows will take the bottom bunk and even-numbered rows will take the upper bunk. Upper bunks are slightly longer, but do not have end dividers between bunks. Also note on the sign-up form if you want to sit with someone else on the trip.

**Return:** Tuesday morning, May 31, at about 5:00 AM at Wal-Mart. The exact arrival time is usually hard to predict, but there is usually an opportunity to place a phone call a few hours out.

We will make a dinner stop on the way home Monday evening; the cost is usually around \$10 - \$15. You may want a change of clean clothes for the trip home.

**Cost:** \$200 if your check and paperwork is postmarked before May 1. Starting May 1, the cost is \$230. Make your check payable to the Dallas Sierra Club. You are not signed up for the trip until your check and the attached forms are received by the Bus Trip Coordinator at the address above. Most of the money collected for the trip goes toward the bus charter and other expenses. Any excess funds will be used for club conservation efforts. You will need extra cash for the snack stop on the way out, and dinner on the way home (\$10 or \$15).

Receipt of payment does not constitute acceptance on the trip until both the bus coordinator and individual trip leader have reviewed the submitted sign-up form and medical information, 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 their experience, health, equipment or other factors. If the trip is not deemed suitable for the prospective participant, the check will be returned.

**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 Sierra Club is a California non-profit corporation, we are required to post this notice, although we have only a vague understanding of what it means.)

**Cancellation Policy:** There is a \$25 fee for all cancellations, regardless of date or if replacements are found. After May 13, the balance of the trip fee will be refunded **only** if a replacement is found. There will be no refunds for no-shows. Traffic jams that prevent you from making the bus are not an excuse.

**Weather:** Temperatures can range from 60°F to 80°F during the day with lows of 30° to 40° at night. Although May and June are usually dry months, afternoon showers and thunderstorms are common in the mountains. It can be very windy on the Crest Trail. Remember that a 30° temperature with a 30-MPH wind gives a chill factor of 2° BELOW ZERO. Previous Memorial Day trips have seen exactly these conditions. Be prepared for the worst to avoid the threat of hypothermia. Also, bring a good sunscreen lotion and hat. High altitude sun can produce severe sunburns. Normally the Sierra Blanca weather is delightful but DO NOT count on it! Previous White Mountains trips have seen fog, rain, and hail.

**Water:** Water is available from creeks and springs along most trails. In general water is more abundant in canyons than along the Crest. There are some small springs along the Crest, but also dry stretches of several miles. Some trips will have a dry camp, so have containers to carry the minimum listed under each trip.

All trips start out following streams, so it should not be necessary to leave the bus with more than one quart of water. Have containers as required and fill up at your last water stop.

All water MUST be treated to make it safe for drinking. At some springs along the Crest a coffee filter is handy to pre-filter the water before treating. Treat water with iodine, chlorine dioxide or by boiling before drinking. Water filters also work, though you should be able to clear the filter of sediment. No matter how clean the water looks, don't drink it without first treating it. There are no guarantees that we will find water everywhere we plan to. It's a good idea to carry some extra, just in case.

**Fires:** All cooking must be done on backpacking type stoves. Absolutely no camp fires will be allowed. These forests may become so dry in the early summer that they are closed to recreational use.

**Gear:** Each person is responsible for his or her own equipment and food. The following list includes equipment, which is considered mandatory:

**Clothing:** Long pants; hat and long sleeve shirt with collar for sun protection; rain jacket and pants (a poncho is not acceptable as it will be in shreds after only a short amount of hiking); jacket; long underwear and/or sweaters good in combination down to 25 degrees; well broken in hiking boots; outer and inner socks. Optional: Short pants, short sleeve shirt (T-shirt). These may require an extra supply of sunscreen and band-aids.

**Equipment:** Tent and ground cloth; sleeping bag rated down to 30 degrees; ground pad; backpack with hip belt; stove with fuel; pot; matches; water containers and water treatment tablets (or filter); flashlight; compass; sunscreen; first-aid kit (including Moleskin or Spenco Second Skin for blisters); toilet paper, shovel and Zip Lock bags for used toilet paper; garbage bag; personal items.

**Food:** Three breakfasts, three lunches, two dinners, and snacks. Saturday morning breakfast will be at, or near, the trailhead at the start of the trip. Avoid meals that require excess water to cook or clean up after.

**Packing and Preparation:** Trip leaders will check to ensure that all trip participants are properly prepared before leaving the trailhead. Leaders reserve the right to leave the unprepared with the bus. Be careful with the optional items - the weight adds up quickly and water will occupy a significant portion of your pack's capacity. Remember, water weighs 8 pounds per gallon.

**Maps:** A topographic trail map should be carried on each trip participant's person at all times, and each person should keep track of their group's location the map at all times during the trip. If you get separated from the group and lose the trail, a map and knowledge of your location could save your life. The leaders will provide a small-scale topographic map for those participants that do not otherwise have a map. The US Forest Service produces a good map of the White Mountains Wilderness which is available from them by sending \$7 to Lincoln National Forest, 901 Mechem Dr., Ruidoso, NM 88345. Phone 505-257-4095. Ask for the correction sheet, as there are some small errors on the map. All trails we will be using are shown on the Nogal Peak, New Mexico 7 1/2 minute quad, but it lacks many of the details of the Wilderness map.

**Trip Rules, Customs, and No-Noes:** Although they may seem foreign to the idea of a wilderness experience, some rules are necessary on an outing both to protect the fragile areas we love to visit and to allow us all to get along together.

The club practices "Leave No Trace" camping. If you aren't familiar with these principles, please look at <http://www.lnt.org/programs/principles.php>

First and foremost is the old rule "take nothing but pictures, leave nothing but footprints". The only way our wilderness can survive is for each of us to leave NO trace of our passing. Maybe it's only a gum wrapper, but if everyone drops one, pretty soon the meadows glitter. Dispose of human waste by digging a 6" to 8" deep hole and burying it cat fashion. For everything else, including used toilet paper, if you carried it in, carry it out. If you throw your apple core behind a tree or "hide" some garbage, animals learn that human camps are a food source. Eventually a raccoon or bear, used to finding food there, decides to see what's in your pack. Carry it ALL out. A large ziplock bag makes a good trash bag.

No smoking is allowed in camp or along the trail, both for safety reasons and to avoid harming other hikers. If you must smoke, leave the group and be extremely careful with ashes and butts. Smokey wasn't kidding; they really can start a fire. Pack out all butts.

Minors must be accompanied by a legal guardian at all times during the trip. Please do not bring firearms, pets, or radios on the trip. Use of cell phones is restricted to emergencies. They usually don't work in the mountains.

**RESTRICTIONS / CAUTIONS:** Please keep in mind that all of the leaders of this trip are unpaid volunteers who have gotten together to share the fun of their vacation with you. They pay for the trip the same as any other trip participant. Participants should be in good health, with prior experience on backpacking trips of similar length and difficulty. If you have a question about your experience or physical ability, feel free to call the individual trip leaders. Minors must be accompanied by a parent or guardian at all times.

While almost all of the Dallas Sierra Club's trips go off without mishap, there are some risks that you should consider. Some of the hike may be off-trail, or on rough trails with loose or wet rocks, or other potential tripping hazards. A trekking pole can be quite helpful in avoiding falls. Trails sometimes are obstructed by snow. Black bears are common and quite bold—leave your food unattended at night, and there is a good chance they or other critters will get it. If the weather is hot, heat exhaustion or heat stroke is a risk. Drink plenty of fluids. Sunburn is also a potential problem in the thin mountain air. Use sunscreen if it is sunny. Watch where you walk and what you brush against. The forests of the White Mountains are home to many cacti.

As is true for all backpacking trips, medical assistance is not immediately available. We will be hiking in a wilderness area, where rescue is difficult and time-consuming. The nearest hospital is many miles away. Air evacuations are extremely expensive and you will probably have to pay for it. It can easily take a day or more to get a sick or injured person to a hospital. For that reason, it is important that we be as well-prepared and self-sufficient as possible medically, and that we avoid taking unnecessary risks. Bring a first-aid kit. If you are sick or have a medical condition that could require quick emergency assistance, please consider staying home. If you are a complete klutz, be particularly careful. This is not a good place to take a fall or break a leg.

An emergency information form and liability release is attached. Please fill the forms out and return it to the Bus Coordinator with your check. The leaders will hold the information in confidence, and destroy the form after the trip. If you have any unusual medical condition, drug allergy, or environmental sensitivity, be sure to include that information on the form. If you are extremely allergic to bee stings, poison ivy, or anything else that we are likely to encounter, ask your doctor if you should be carrying an antidote kit. If you use any prescription drug, carry it on your person at all times, and let the trip leader know the particulars. If you are near-blind without your glasses, bring a spare. The leaders are not medical professionals, but help them to be in the best position possible to render first aid should it be necessary. If any participant does have medical training, let the leader know so that they can rely on that expertise in an emergency.

Be careful when walking away from camp at night to not get turned around. Leave a light burning at your tent to guide you back. Don't do anything dumb.

**After the Trip Slide Show:** Two or three weeks after the trip we will get back together again to share our photos of the trip and enjoy a covered dish supper. This is always an enjoyable part of the trip and is a good chance to see where everyone else went hiking. If you know of a place for us to have the slide show (expect 20 - 30 people) please call the bus leader.

## TRIP LIST

The trips are listed more-or-less in order of difficulty, although it is always difficult to compare how strenuous you will perceive a trip to be. Trips 1 and 2 are very similar in difficulty, as are 3, 4 and 5. If this is your first trip to the mountains you should probably select trip 1 or 2. Someone who is in good shape (can run 2 or 3 miles at a 10 minute pace) could probably enjoy trip 3, 4 or 5. **A trip that is a little too easy for you is a lot more fun than one that is a little too hard!** If you have any questions feel free to call any of the trip leaders.

Both trailheads we use are around 8,000 feet above sea level. Trips ending at trailhead one should be at the trailhead NO LATER THAN 2:00 PM local time. Trips ending at trailhead two should be at the trailhead NO LATER THAN 3:00 PM local time. Be careful, take lots of pictures and have fun!

(##) Indicates Forest Service trail number, see trail map.

**TRIP 1:** (Moderate) From trailhead one, backpack about 3 ½ miles with 1,000 feet climb up Bonito Creek (36) and camp below White Horse Hill. Day 2, dayhike South on Crest Trail (25) and Blue Front Trail (33), then break camp and backpack North (5 miles, 500 foot climb and 500 foot downhill) along the Crest to Spring Cabin and camp. Day 3, dayhike North along the Crest Trail, then break camp and backpack 3 miles to trailhead one. Both camps near water, have containers for 3 liters. Totals 1,500 ft climb and 12 miles.

LEADER: Jim Oursler, Cell: 972 849 8279, jim.oursler@gmail.com

**TRIP 2:** (Moderate) From trailhead one, backpack 3 miles with 1,000 feet climb up Little Bonito Creek (37) to Spring Cabin for camp, then dayhike North along the Crest Trail (25). Day 2, backpack South 5 miles with an additional 500 foot climb and 500 foot downhill along the Crest to Bonito Creek (36) and camp. Return to trailhead one (3 ½ miles, 1,000 feet downhill). This trip offers a relatively easy visit to the Crest, spectacular views and sunsets. Both camps near water, have containers for 3 liters. Totals 1,500 ft climb and 12 miles. (This is the same route as trip 1 but goes the reverse direction.)

LEADER: Liz Wheelan, 214-368-2306, Lizwico@aol.com

**TRIP 3:** (Moderately Strenuous) From trailhead one 3 ½ miles with 1,000 feet climb up Little Bonito Creek (37) to the Crest Trail (25), then South 2 more flat miles for camp. Optional dayhike up a nearby small peak. Day 2, 5 miles and 1,400 ft uphill on the Crest to the South Fork Rio Bonito valley (19), with other optional small peaks on the way. Camp at the 10,000 ft. level near the head of the valley. Day 3, hike 5 miles down the South Fork to trailhead two with 2,500 feet descent. This trip offers a good sampler of the Crest, high country, and the canyons. Dry camp both nights, although there will be a water source after most climbing has been done both days. Carry containers for 5 liters of water. Totals 2,700 ft climb and 18 miles.

LEADER: Thai Le, 469-644-9820, thai\_le@hotmail.com

**TRIP 4:** (Moderately Strenuous) From trailhead one up Aspen Canyon (35) to camp below Elk Point (4 miles, 2,000 ft. climb). Pick up water prior to reaching camp but after most climbing has been done. Day 2, continue on to the ridge top Bluefront Trail (33) and some of the best vistas in the Wilderness (4 miles, climb 1,000 ft, then descend 500 ft.) Pick up water early in the day, but again after most of the climbing has been done. Day three is mostly downhill (4 miles, descend 2,500 ft.) to trailhead two. This trip requires some steep climbs but offers some of the best scenery to be found. Totals 12 miles. Carry containers for 6 to 8 liters of water.

LEADER: Jim Barton; 214-320-9928; jimbarton5@sbcglobal.net

**TRIP 5:** (Strenuous) From trailhead two (elevation 7500'), backpack southwest on trail #19 to the junction of the Blue Front Trail (#33), then west to an abandoned mine, and southwest to the junction of the Crest Trail (#25) to camp near a spring on the ridge at elevation 10,450' (5.6 miles, 3000' ascent). On Sunday, backpack south on the Crest Trail until it turns east towards the ski area (about 1.8 miles). Drop backpacks at the trail and day hike (optional) south along the ridge to the peak of Sierra Blanca (11,900') for a total of 3.8 miles (roundtrip) and 1,300' ascent on the day hike. Return to the trail, and backpack east along the Crest Trail another 3.0 miles to a dry camp on the ridge at elevation 10,250'. On Monday, continue northeast and then northwest on the Crest Trail until it joins the South Fork Rio Bonito Trail (#19), and then hike the last 0.8 miles to the starting trailhead (4.0 miles and 2,750' descent). Total distance is 14.5 miles backpacking, and 3.8 miles day hiking. Carry containers for 6 liters of water, but start with 2 liters.

LEADER: Kathryn Hurn, 214-321-4030; kathrynhurn@gmail.com

# Backpacking Checklist - White Mountains Wilderness Bus Trip

This list (courtesy of Bill Greer) is meant to serve as a reminder. Consider each item and carry it only if needed. Rarely would every item on this list be carried. To help decide, some items may be indicated for this trip with the following code:

M = Must have, R = recommended, X = not normally needed on this trip.

## CLOTHING

- M boots and insoles
- M socks - heavy and light
- \_\_\_ camp shoes
- M gloves or mittens
- M long underwear
- \_\_\_ short underwear
- M long pants
- \_\_\_ shorts
- M shirts - long and short sleeve
- \_\_\_ down vest or heavy sweater
- M down parka or warm jacket
- M sun hat
- M warm pullover hat
- \_\_\_ gaiters
- M rain gear - NO VINYL!

expected low temp: 30° F to 40° F

expected high temp: 60° F to 80° F

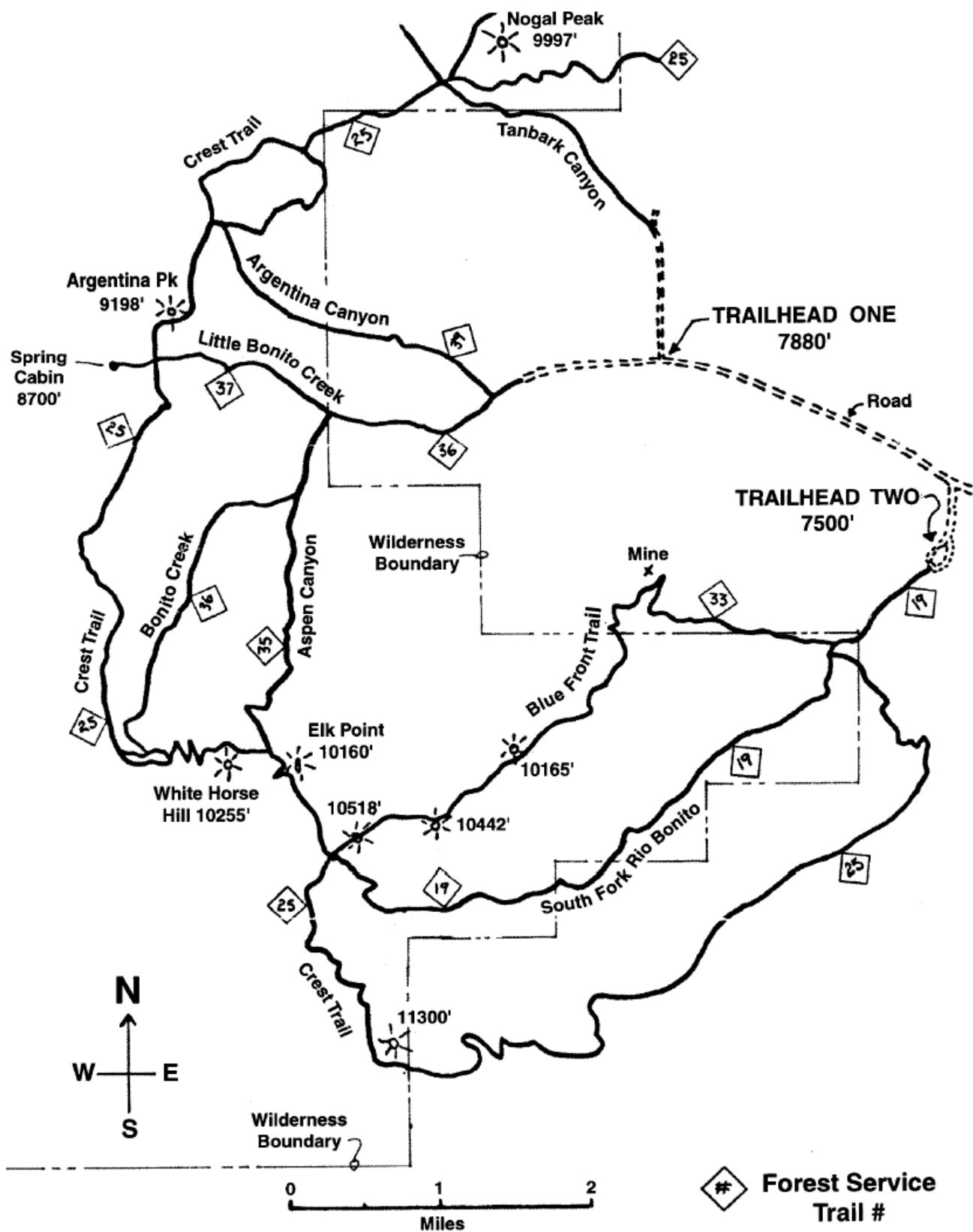
## EMERGENCY GEAR IN A WATERPROOF BAG

- \_\_\_ safety pins
- \_\_\_ waterproof matches
- \_\_\_ candle
- R paper & pencil
- M water purifier
- M extra flashlight bulb & batteries
- \_\_\_ space blanket
- \_\_\_ eyeglass repair kit
- M whistle
- M first aid kit
- R "Extractor" snake bite kit
- \_\_\_ Therma Rest repair kit
- R 50' parachute cord
- M Spenco "Second Skin"
- M waterproof surgical tape
- M moleskin

## OTHER HEAVY STUFF

- M sleeping bag & carry straps
- M Therma-Rest or other sleep pad
- M tent, poles, pegs, ground sheet
- M flashlight or head lamp
- M map
- M compass
- \_\_\_ altimeter
- \_\_\_ guide book
- M sunglasses
- R daypack
- \_\_\_ insect repellent
- M sun block for skin & lips
- M 3 breakfasts
- M 3 lunches
- M 2 suppers
- M snacks, drinks, etc.
- R one "no cook" meal extra
- M water bottles \_\_\_\_ liters (see trip description)
- \_\_\_ drinking cup
- \_\_\_ Swiss Army Knife
- \_\_\_ matches
- \_\_\_ cooking pots, dishes
- \_\_\_ pot grabber
- R stove, windscreens, fuel
- \_\_\_ utensil set
- \_\_\_ salt & pepper, sugar, coffee
- \_\_\_ biodegradable soap
- \_\_\_ wash cloth & small towel
- \_\_\_ toothbrush & toothpaste
- \_\_\_ camera & film, spare battery
- M lightweight trowel
- \_\_\_ toilet paper
- \_\_\_ binoculars
- \_\_\_ candle lantern
- R light steel wire for repairs
- \_\_\_ needles & thread
- \_\_\_ dishwashing brush
- \_\_\_ stove repair kit
- M garbage bags, 35 gallon size, 2 ea
- M large ziplock bag for trash

**M sense of humor**



**The White Mountains Wilderness Trail Map**

Outing: White Mountains Bus Trip	Date(s): May 27 – May 31, 2011
Bus Trip Coordinator: Mike Rawlins	Trip Leaders: Jim Oursler, Liz Wheelan, Thai Le, Jim Barton, Kathryn Hurn

**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.

Name: \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

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

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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: \_\_\_\_\_

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# SIERRA CLUB OUTINGS

## Dallas Sierra Club Outings Medical Form

**Please complete this form and return it promptly to your trip leader.**

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: ☐ M ☐ F  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
E-mail address: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Blood Pressure: \_\_\_\_\_ Resting Pulse: \_\_\_\_\_

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:

\_\_\_\_\_

\_\_\_\_\_

- **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: \_\_\_\_\_

**◆ Please notify your trip leader immediately if any information on this form changes. ◆****Trip Name:** \_\_\_\_\_ **Trip Dates:** \_\_\_\_\_**Signature (required):** \_\_\_\_\_ **Date:** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_**Print Name:** \_\_\_\_\_

**Dallas Sierra Club**  
**White Mountains Bus Trip**  
**May 27-31, 2011**

**PARTICIPANT PREFERENCE FORM**

Please return this form, your check payable to Dallas Sierra Club, the Medical Form, and the Sierra Club Sign-In/Release of Liability to Mike Rawlins, 318 Northview Dr, Richardson, TX 75090-1962.

**PARTICIPANT NAME** (please print): \_\_\_\_\_

Current Sierra Club member:      Yes \_\_\_\_\_      No \_\_\_\_\_      Amount enclosed: \_\_\_\_\_

**TRIP PREFERENCE**

Trip number choice (indicate 1, 2, 3, 4 or 5):      1<sup>st</sup> choice: \_\_\_\_\_      2<sup>nd</sup> choice: \_\_\_\_\_

**BUS PREFERENCES:**

Area of bus:      Front \_\_\_\_\_      Middle \_\_\_\_\_      Back \_\_\_\_\_      No preference \_\_\_\_\_

Seat:      Aisle \_\_\_\_\_      Window \_\_\_\_\_      No preference \_\_\_\_\_

Bunk:      Upper \_\_\_\_\_      Lower \_\_\_\_\_      No preference \_\_\_\_\_

Sit / bunk together with (name): \_\_\_\_\_

Movie suggestions: \_\_\_\_\_

In addition to water, on the return trip I will most likely drink (number):      Soda \_\_\_\_\_      Beer \_\_\_\_\_

Soda preference, if any (brand, reg. or diet, w/wo caffeine): \_\_\_\_\_

Beer preference, if any (CANS ONLY. If it doesn't come in a can, don't request it. If it does come in a can but is not commonly available, please tell me where it can usually be purchased.): \_\_\_\_\_

**GENERAL INFORMATION:**

How did you learn about this trip? \_\_\_\_\_

Have you hiked at high altitudes before? If yes, how high \_\_\_\_\_

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

If YES, to where (and about when, if recent): \_\_\_\_\_

By signing below, I certify that I have read the attached 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 will not be available if I become ill or injured while on this trip, that evacuation could take several days if I do become ill or injured, and that I am responsible for any evacuation and medical costs that may be incurred should I need medical attention. I understand that should I miss the bus returning to Dallas, that I am responsible for the arrangement of, and the cost of, my return to Dallas.

**SIGNATURE of Participant** (Adult) \_\_\_\_\_ Date \_\_\_\_\_

**Signature** of Legal Guardian if Participant is a Minor: \_\_\_\_\_ Date \_\_\_\_\_