



The Dallas Sierra Club invites you for a
**White Mountain Wilderness
Backpacking Trip**
May 25-29, 2012

Trip Coordinator: Mark Stein,
mark@steinplanning.com, 214.526.3733

**Hike, camp and explore a sky island preserve near Ruidoso,
New Mexico this Memorial Day weekend!**

When do we go? We'll leave the Walmart parking lot, northwest quadrant of LBJ Expressway (I-635) and Midway Road, at 8:00 PM on Friday, May 25. Arrive by 7:30 PM to load your gear. We've chartered a sleeper bus that converts from aircraft seating to bunks. Leave a car at Walmart if you wish. Neither the Sierra Club nor Walmart assumes responsibility for your car or its contents, but Walmart is open 24 hours, the lot is lighted and we've not experienced a problem with parked vehicles. We'll return between 5:00 AM and 6:00 AM on Tuesday, May 29.



Cost is \$215 per person if your check and forms are received by April 30. This price includes transportation, hike leadership by trained, experienced Sierra Club volunteers, breakfast on the outbound trip and beverages on the bus. Any receipts in excess of actual trip expenses are used for leader training expenses. Registration after April 30 is \$245. Checks payable to "Dallas Sierra Club" should be mailed with the signed preference form, medical form and liability waiver to Mark Stein, 3733 Shenandoah, Dallas, TX 75205. If you cancel before April 30, we'll refund all but \$30. If you cancel later, we'll refund all but \$30 if the Club resells your seat. Bring cash for dinner on the inbound trip and items you may want at convenience store stops.

The area: The White Mountain Wilderness Area is in the Smokey Bear Ranger District of Lincoln National Forest. The backbone of this Wilderness is a ridge shaped like a letter "C." The Crest Trail (#25 on the map) follows the top of this ridge and offers some of the best views and sunsets anywhere. Other trails we use are in forested canyons on the gently sloping east side of the ridge.



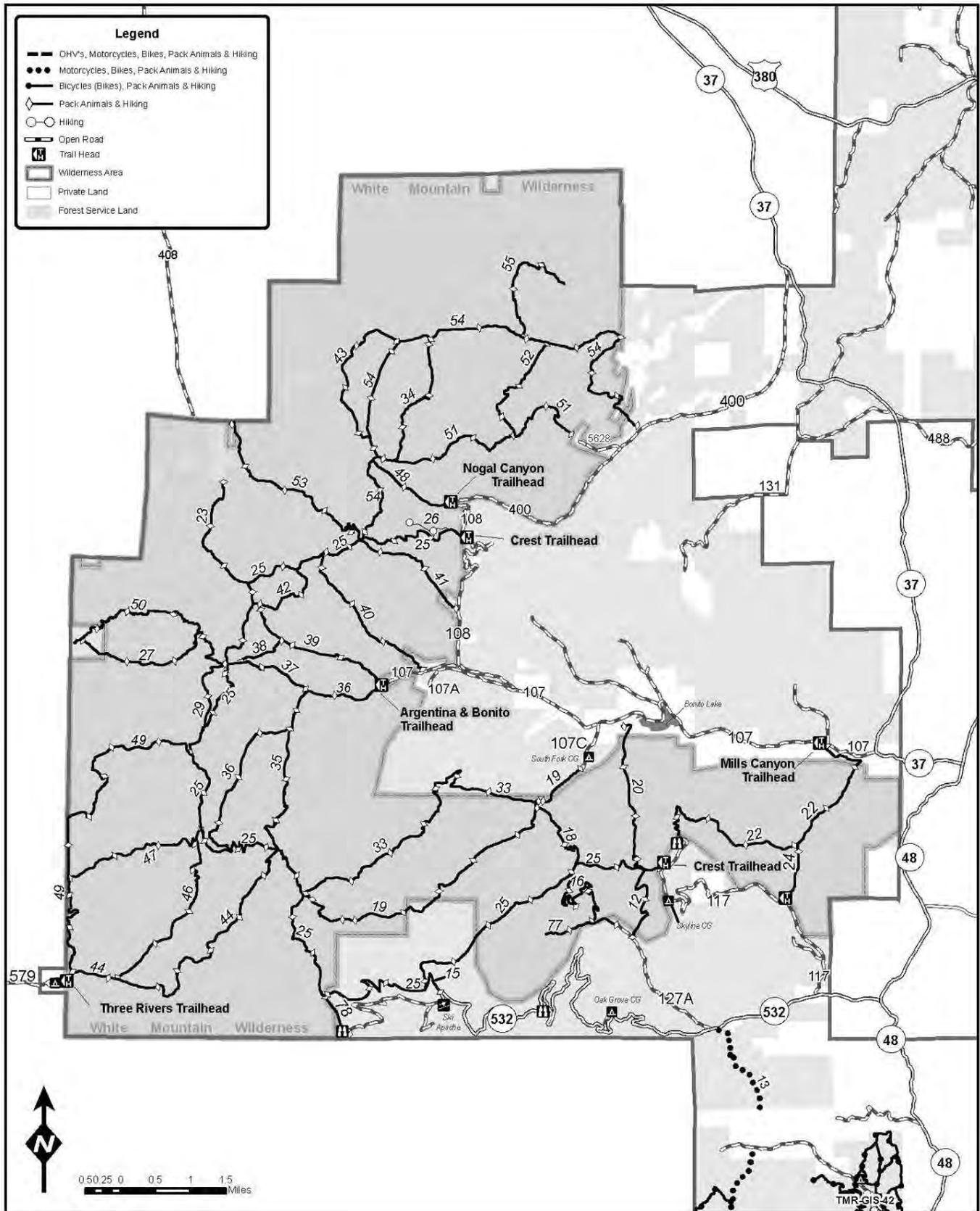
Portions of the Crest feature westward views of White Sands National Monument and the black Malpais lava flows on the desert floor far below. Most of the canyons that ramp up from our trailheads to the Crest Trail have small streams and forests. Middle elevations are dryer, with piñon pine, juniper and grasses. The higher elevations are cooler and wetter with spruce, fir and aspen forests.

Hike options: This trip has five hike options, also called "trips." You select a first and second trip preference when you register. Let the trip descriptions guide your

selection. We honor preferences in the order received, although acceptances are complete only after both the trip coordinator and trip leader have reviewed your experience and medical

history and determined a trip appears suitable for you. We want to steer you to a trip likely to prove appropriate and fun for you. Trip itineraries may change at a leader's discretion.

Trails of the White Mountain Wilderness



Trip 1: Bonito Creek and Crest Trail, clockwise – Rated Moderate

With short daily distances and daily climbs of 1,000 feet or less, this lasso loop hike reaches the backbone of the wilderness to offer an experience of hiking the Crest Trail, with its dramatic vistas. The hike is an excellent introduction to backpacking at high altitude for beginners with at least one previous overnight backpacking experience. From the bus drop-off on Forest Road 107, the trip follows Bonito Creek west and south (Trail #36). On Day 2, hikers turn west and north onto the Crest Trail, (#25) making camp near Spring Cabin. The exit on Day 3 is via the Little Bonito (#37) and Bonito (#36) Trails to the point of beginning.

Leaders: **Cy Cantrell**, cy.cantrell@gmail.com and **Lynn Marple**, mlmarple@gmail.com, 972.644.7266



Day	Miles			Camp	Sleep Altitude	Highest Altitude	Comment
	Back-pack	Day Hike	Total				
Start: FR 107 at FR 108, east of Bonito Trailhead (7,700')							
1	3.5	0.0	3.5	Bonito Creek	8,400	8,400	Camp beyond Little Bonito Trail junction.
2	5.0	0.0	5.0	near Spring Cabin	8,800	9,400	Mesa near Phantom Trail junction is alternative campsite
3	4.0	0.0	4.0			9,000	Clean up in Bonito Creek
Total	12.5	0.0	12.5				
Finish: same as start							

Trip 2: Bonito Creek and Crest Trail, counter-clockwise – Rated Moderate



This trip is ideal for enjoying the wild beauty of the Crest Trail, yet stopping to take pictures along the way. The route is similar to Trip 1, but counter-clockwise. On the first day, the backpacking distance is half a mile longer and the climb slightly greater (1,300 feet). The Day 1 Camp is in a grassy area near Spring Cabin. Weather and stamina permitting, we'll have an optional hike half mile north toward Argentina Peak to view a sunset from the ridge (200+/- feet more ascent and descent). On Day 2, we'll backpack south along the Crest Trail, then north on the Big Bonito Trail, 5 miles in all, with a 500-foot climb and 500-foot descent to camp by Bonito

Creek. Day 3, we'll enjoy a relaxed and relatively short hike downhill along Bonita Creek through fields of wild irises, back to our starting trailhead. Both camps are near water. Everyone will carry two liters of water, but should bring containers for 4 liters. Trail numbers, in order, are # 36, #37, #29, #25 and #36.

Leader: **Liz Wheelan**, lizwico@aol.com, 214.368.2306

Day	Miles			Camp	Sleep Altitude	Highest Altitude	Comment
	Back-pack	Day Hike	Total				
Start: FR 107 at FR 108, east of Bonito Trailhead (7,700')							
1	4.0	0.5	4.5	near Spring Cabin	8,800	9,000	Day hike north toward Argentina Peak
2	5.0	0.0	5.0	Bonito Creek	8,400	9,400	Camp between Bonito Seep and Little Bonito Trail junction
3	3.5	0.0	3.5			8,400	Clean up in Bonito Creek
Total	12.5	0.5	13.0				
Finish: same as start							

Trip 3: Bonito, Crest and South Fork Bonito Trails – Rated Strenuous

This is a perennially popular hike along a long stretch of the Crest Trail, with remarkable vistas of both the White Sands and the black lava of the Malpais. From Forest Road 107, the trip follows the Bonito Creek (#36) and Little Bonito Creek (#37) Trails uphill to Spring Cabin and beyond to camp on a shaded mesa near the junction of the Phantom and Crest Trails (#29 and #25). Exploration of the surrounding territory is in order for the afternoon. Day 2 is almost entirely on the Crest Trail, sometimes level, sometimes switchbacking uphill on grassy slopes, with total elevation gain of about 1,900 feet. The campsite for the night is a tiny, level ridgeline by the South Fork Trail (#19), about 500 feet below its junction with the Crest Trail. Day 3 continues downhill on the South Fork Trail, crossing and re-crossing South Fork Bonito Creek, which flooded its banks in a 2008 storm that impacted Ruidoso.



Leader: Emil Raggi, eraggi@verizon.net, 972.495.2190

Day	Miles			Camp	Sleep Altitude	Highest Altitude	Comment
	Back-pack	Day Hike	Total				
Start: FR 107 at FR 108, east of Bonito Trailhead (7,700')							
1	5.0	1.5	6.5	mesa on Phantom Trail	9,000	9,000	Camp is s. of Spring Cabin; optional day hike to nearby hill
2	5.2	0.0	5.2	S. Fork Trail near Crest Trail	10,000	10,500	Possible day hike for water (0.5 mi. round-trip)
3	5.6	0.0	5.6			10,000	Clean up in South Fork near Trailhead
Total	15.8	1.5	17.3				
Finish: South Fork Bonito Trailhead (7,600')							

Trip 4: Monjeau Lookout and Eagle Creek Loop – Rated Very Strenuous



New for 2012, Trip 4 begins at the Mills Canyon Trailhead and ascends the Mills Creek Trail (#22) to Monjeau Peak, where hikers drop packs for a short climb to Monjeau Lookout, a Civilian Conservation Corps watchtower with a spectacular view. The "Very Strenuous" rating is due to a first-day elevation gain of over 2,500 feet. The intended campsite for two nights is a saddle between Monjeau Peak and the southeast trailhead of the Crest Trail. On Day 2, the group will hike a loop, down the Telephone Canyon Trail (#12) to Eagle Creek and its summer cabin community at 8,000 feet, continuing west on the Eagle Creek Trail (#77)

and north on the Miner's Road Trail (#16) to the Crest Trail (#25). The loop is completed upon return to camp. In the afternoon, trippers may explore the nearby Skyline picnic area and campground and bring water to their dry camp from Little Creek Spring, below camp on FR 107. The Day 3 exit route is west via the Crest Trail and down the Peacock Trail (#18) to the South Fork of Bonito Creek, with opportunity to clean up by the creek before the last mile on the South Fork Trail (#19).

Leaders: Mark Stein, mark@steinplanning.com, 214.526.3733 and Zeev Saggi

Day	Miles			Camp	Sleep Altitude	Highest Altitude	Comment
	Back-pack	Day Hike	Total				
Start: Mills Canyon Trailhead (7,100')							
1	5.8	0.4	6.2	saddle near Crest TH	9,300	9,641	Take water from Mills Creek. Climb Monjeau Lookout Tower.
2	0.0	8.0	8.0	same	9,300	9,300	5.4-mi. Eagle Creek loop; 2.6-mi. to Skyline CG and spring
3	3.9	0.0	3.9			9,300	Clean up in South Fork
Total	9.7	8.4	18.1				
Finish: South Fork Bonito Trailhead (7,600')							

Trip 5: Crest Trail and Sierra Blanca – Rated Very Strenuous

Trip 5 offers miles, altitude and exhilarating scenery. Starting from the South Fork Trailhead and Trail #19, hikers move 2,900 feet uphill on the Bluefront Trail (#33) through aspens and grassy hills before dropping to a campsite 500 feet below the junction of the Crest and South Fork Trails. Next morning, hikers retrace to the Crest Trail (#25) and head south to drop packs near Ice Spring before continuing south on the Lookout Mountain Trail (#78) to the uppermost lift house of the Apache ski area and onto Mescalero Apache tribal land. Still feeling good? If so, Sierra Blanca awaits you at almost 12,000 feet. Descend knowing you’ve climbed the highest peak in southern New Mexico. Reclaim your pack and hike east on the Crest Trail to a campsite. Next day, continue northeast to the Peacock Trail (#18), and sharply down to South Fork Bonito Creek to relax and clean up before hiking the last mile to the bus on the South Fork Trail (#19).



Leaders: Kathryn Hurn, kathrynhurn@gmail.com, 214.321.4030 and Clay Morton

Day	Miles			Camp	Sleep Altitude	Highest Altitude	Comment
	Back-pack	Day Hike	Total				
Start: South Fork Bonito Trailhead (7,600')							
1	7.0	0.0	7.0	S. Fork Trail near Crest Trail	10,000	10,500	South Fork to Bluefront; camp is 500' below jct. w Bluefront
2	6.0	4.2	10.2	meadow on Crest Trail	10,500	11,973	Day hike to Sierra Blanca
3	4.9	0.0	4.9			10,500	Exit via Peacock and S. Fork Trails; clean up near South Fork
Total	17.9	4.2	22.1				
Finish: same as start							

Trip advice and rules:

Weather: Late May weather in the WMW can be delightful and dramatic. Expect highs from 60 to 80 degrees and lows from below freezing to the mid-forties. On a Memorial Day trip here in 2009, hail fell at 10,000 feet after dinner and remained on the ground until morning. Bring gear for rain, hail, cold and sun. Sun protection includes a hat, sunscreen and sunglasses. Lightning is a threat, so we do our best to avoid peaks, ridges, exposed areas and solitary trees during storms.

Altitude: Participants could experience headaches, nausea, appetite loss and/or uncommon tiredness by the first or second night -- symptoms of mild altitude sickness. Symptoms usually pass as bodies adjust to low air pressure and less oxygen per breath at high altitude. To avoid or mitigate altitude sickness, drink nearly a gallon of non-alcoholic liquids the day you board the bus and each day on the trip. Bring ibuprofen or acetaminophen. Don't sleep in a completely closed tent or with your head buried in your sleeping bag, as those practices restrict oxygen and worsen the "hangover" some people feel at high altitude. If you're prone to altitude sickness, your physician may prescribe Diamox (acetazolamide) to minimize symptoms.

Water: The volume of water you carry should vary with the day's plan. Containers for four liters should be ample, but your trip leader may advise you to carry less on a given day. Don't fill the containers in your pack with water from home, as spills or leaks in the bus cargo bays can ruin a trip for you and others. Hikers will encounter water in streams at the beginning of each hike and periodically thereafter. All water you find should be treated (chlorine dioxide tablets are a popular treatment), filtered or boiled.

Gear: Each backpacker is responsible for bringing his or her own food and equipment. Participants are welcome to arrange sharing food, cooking gear, a tent, etc. with a friend. Contact trip leaders before departure, if you wish, for advice about gear. If your loaded pack weighs 30 pounds or more without water,

you probably need to lighten your load. Backpackers learn with experience to keep their packs light while carrying essential gear.

Basic equipment: You need a lightweight tent for shelter from possible rain or hail, a sleeping bag suitable for temperatures in the 30's and a sleeping pad to insulate you from cold ground. You need a backpack with a hip belt. Bring water containers and either water treatment tablets or a filter, a headlamp (much more satisfactory than a flashlight) and personal first-aid and health items, including a lightweight trowel and toilet paper plus a zip-lock bag for used paper. Bring 30 to 50 feet of cord and a waterproof sack so you can bear-bag your food, trash and toiletries.

Food: Bring enough for two breakfasts, three no-cook lunches, two dinners and snacks. Participants on Dallas Sierra Club outings don't build ground fires. Without fires, not only is leave-no-trace camping much easier, but we eliminate smoke odors and embers that can burn fabrics and greatly reduce the risk of uncontrolled fire. Bring a lightweight stove and fuel for cooking.

Clothing: Lightweight, versatile layers are key to comfort, given the range of temperatures we'll experience. Bring four or five layers for your torso, including a rain shell. Bring at least two layers for your legs, including rain pants. Synthetics are preferable to cotton, as wet cotton is both chilly and heavy. Wear field-tested boots and two sock layers (thin synthetic socks next to your feet preclude blistering), gloves and a cap to keep your head warm at night. Remember a hat, sunglasses and sunscreen for UV protection.

Maps: Each person should keep track of the group's location at all times. If you get separated from the group and lose the trail, a map and knowledge of your location could save your life. The U.S. Forest Service produces a good map of the White Mountains Wilderness, available by calling the Smokey Bear District Ranger District in Ruidoso, 575.257.4095. Cost is \$9 and the Forest Service accepts credit cards. Except for Trip 4, our trails are on the Nogal Peak, New Mexico 7 1/2 minute U.S.G.S. quad map, but that map lacks some details of the Wilderness map. Trip 4 spills onto the Angus quad map.

Bears and other critters: Bears live in the White Mountain Wilderness, although we rarely see them. (The original Smokey Bear survived a fire in the nearby Capitan Mountains.) Smaller nibblers are more likely to pursue food left on the ground, even in bags. To minimize risk of a negative encounter, hang smellable items in a bear bag each night and follow these guidelines:

- Bring food without strong aroma.
- Don't store food or items with food spills in your tent.
- Prepare meals away from your sleeping area.
- Disperse cooking water over a wide area, away from camp.
- Store trash in your food bag (within a separate plastic bag).
- Pack out all leftover food, cooking oils and trash.

Bus safety and comfort: We ride a chartered sleeper bus with professional drivers. You may indicate your preferences for seating on the preference form. Seat and bunk assignments are based on the order registrations are received. Ideally, we'll convert the bus interior from seats to bunks and vice-versa at convenience stores where you may buy food and use toilets. The bus is equipped with a toilet, too.

Space for gear in the seating compartment is limited, so please limit carry-on items to small, crushable bags that will fit in the overhead bins (12" deep by 8" high) or beneath your seat. There's ample space for packs in the cargo holds accessed from outside the bus.

You'll use your sleeping bag or a blanket on the bus. You can stow your bus sleep gear in a compartment reserved for sleep gear beneath the bus seating area. Some veteran bus trip participants find a sleep mask, earplugs or an over-the-counter sleep inducement medication helpful for a good night's rest. Because the bus is often cool at night, you'll appreciate availability of a light jacket or sweater at your seat, no matter how warm it is when we leave Dallas.

You may leave gear on the bus while you're hiking. Use caution if leaving electronic devices or other valuables. Most people bring a clean shirt and leave it on the bus for the return trip. Carry a tiny amount of biodegradable soap with you for washing before your scheduled bus pick-up time.

You're welcome to bring snacks and non-alcoholic drinks onto the bus. Bottled water will be provided on the outbound trip, water, beer and soda on the inbound trip. Drinking three or four liters of water during the day you board the bus (before you board) will start your hydration routine properly.

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

- No glass containers are allowed on the bus, as these can break causing a hazard and mess.
- No perfume or cologne. Some people are highly sensitive to scents.
- Smoking isn't allowed.
- Musical or game devices are okay, but only with earphones so they cannot be heard beyond your ears.
- Reading lights are out and quiet should be maintained after the seats are converted to bunks.
- Try to limit phone calls to rest stops. Turn off cell phones during quiet hours.
- If you have requests or questions on the bus, speak with the trip coordinator or a trip leader, as we want the driver to concentrate on driving, not potentially conflicting information or instructions.

Trip leaders:

- All our leaders are volunteers. They lead because they love backpacking in the wilderness. They're eager to share their delight and skills with you.
- This is your trip leaders' vacation, too. Don't expect them to provide food or gear or to carry your stuff. Questions and concerns are welcome. Complaining isn't.
- Trip leader are in charge of each trip's itinerary and may change the planned route due to group capabilities, weather or safety concerns. It's important for group safety to follow the leader's directions. By failing to obey a trip leader's instructions, you assume the risks and consequences.
- Our trip leaders are not medical professionals, even though they've trained for wilderness first aid. Participants are encouraged to bring personal first aid supplies and a basic knowledge of how to deal with medical emergencies. Inform leaders if you have a medical condition that could require special treatment in an emergency, such as controlled diabetes, heart problems or allergic reactions. Carry necessary medications for these conditions on your person and let the leader know where you store them. If you're extremely allergic to bee stings, poison ivy or anything else we may encounter, ask your doctor if you should be carrying an antidote kit.

More precautions: Participants should be in good health. If you have a question about a trip relative to your experiences or ability, contact the trip coordinator or a trip leader, the sooner the better. We'll be hiking in a wilderness area, where rescue is difficult and time-consuming. The nearest hospital is many miles away. Medical help could be days in arriving. Air evacuations are extremely expensive, and the injured party is responsible for payment of costs. If you have a health condition that could require immediate medical treatment, you should not go on this trip.

Participants in each hiking trip should stay together to minimize odds of getting lost or an injured person going unaided. If you leave the led group (the leader and those participants following the leader) or remain in camp while the group is day hiking and leave the camp for any reason, you do so at your own risk. If you choose to take that risk, please don't hike alone. Most deaths in the wilderness occur when a solo hiker becomes incapacitated, and dies of hypothermia or dehydration before being found. Don't expect the group or the leader to do more than notify public authorities if you don't 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. If you get lost, stop on a trail and wait to be found; don't wander aimlessly. 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.

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

Post-trip party: You're invited to a party on Sunday, June 10 at 6 PM where we can view favorite trip pictures on a big screen. The location will be announced on the return trip and confirmed by email. Bring your favorite trip pictures on a CD or flash drive. Everyone will thank you for judicious editing!

Send the forms: After carefully reading the trip descriptions and the trip advice and rules, print the three forms that follow. Then:

- Complete and sign the one-page preference and experience form.
- Complete and sign the two-page medical form.
- Read and sign the one-page Sierra Club liability release.
- Mail all three forms and a check payable to "Dallas Sierra Club" to the Trip Coordinator at the address on page 1.

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



**SIERRA CLUB
OUTINGS**

**Dallas Sierra Club
PREFERENCE AND EXPERIENCE FORM
White Mountain Wilderness Bus Trip
May 25-29, 2012**

Return this form, your check payable to Dallas Sierra Club, the medical form and the Sierra Club release of liability form to **Mark Stein, 3733 Shenandoah, Dallas, TX 75205**. (One set of forms per person, please) **Print on a SINGLE SIDE ONLY and DON'T rescale or staple the forms.** (I have to photocopy relevant forms for trip leaders. Please keep that task easy.)

PARTICIPANT NAME: (printed): _____

CHECK AMOUNT: \$_____ (payable to "Dallas Sierra Club")

TRIP PREFERENCE:

Trip choice (Trip 1, 2, 3, 4 or 5) 1st choice: _____ 2nd choice: _____

BUS PREFERENCES: We try to honor trip leader seating preferences first and then all others in the order registrations are received.

Front vs. Back:	<input type="checkbox"/> Front	<input type="checkbox"/> Middle	<input type="checkbox"/> Back	<input type="checkbox"/> No preference
Aisle vs. Window:	<input type="checkbox"/> Aisle	<input type="checkbox"/> Window	<input type="checkbox"/> No preference	
Bunk:	<input type="checkbox"/> Upper	<input type="checkbox"/> Lower	<input type="checkbox"/> No preference	

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

HIKING EXPERIENCES:

Have you participated in previous Dallas Sierra Club bus trips? Yes No

If "Yes," where and when? _____

Have you hiked at high altitudes before? Yes No If "Yes," how high? _____

How did you learn about this trip? _____

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

SIGNATURE of adult participant: _____ Date _____

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



Complete this two-sheet form and return it with your check and the two other forms.

We ask for this information so that our volunteer 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, a leader may contact you to discuss whether the trip will be safe and enjoyable for you considering your medical history. We require that you complete a new form before each trip because health history and personal information may have changed since a previous trip.

We will keep the information on this form confidential. It will be seen only by the trip coordinator, your trip leader(s), medical personnel, or others who know and understand its confidential nature. The form may 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

Name: _____ Gender: Male Female

Address: _____

City: _____ State: _____ Zip: _____

Home: (_____) _____ Work: (_____) _____ Cell: (_____) _____

E-mail address: _____ Date of Birth: _____

Height: _____ Weight: _____ Blood Pressure*: _____ Resting Pulse*: _____

**Numbers required. Don't just say "normal."*

Emergency Contact: _____ Relationship: _____

Home: (_____) _____ Work: (_____) _____ Cell: (_____) _____

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

Home: (_____) _____ Work: (_____) _____ Cell: (_____) _____

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)

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.*
- 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.*
- Have you ever had a seizure? Yes No *If yes, please explain.*
- Have you ever experienced altitude problems? Yes No *If yes, please explain.*
- 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: <u>White Mountain Wilderness</u>	Trip Dates: <u>May 25-29, 2012</u>
Signature (required): _____	Date: _____ / _____ / _____



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.
- I have read, I understand, and I agree to the enclosed Sierra Club Outings Reservation and Cancellation Policy.

Name: _____

Signed: _____

Date: _____

Outing Name: _____

Outing Date (s): _____

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.

Name and Age of Minor: _____
(Please Print)

(Age)

Signature of Parent or Guardian: _____ Date: _____

Please complete this form and return it to your trip leader