



Explore Colorado this Labor Day Weekend!

If you've not discovered the South San Juan Wilderness, you've missed a gem. When it's hot in Texas, it's cool and green in the San Juan Mountains. The Dallas Sierra Club makes it simple and fun to pack your pack and renew your amazement with nature!

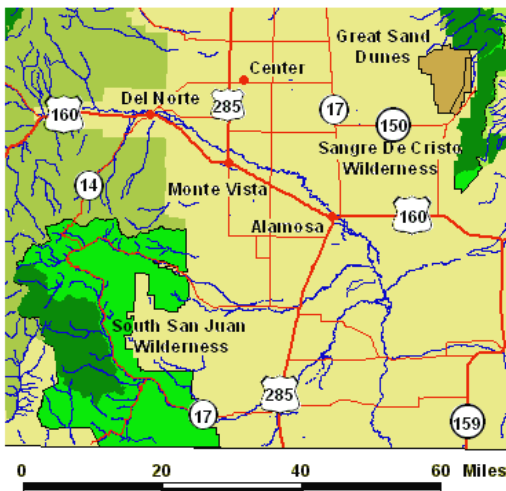
How? We're leaving from the Walmart parking lot (NW corner of I-635 and Midway Road, behind the La-Z-Boy store) at 7 PM on **Wednesday, August 28**. Arrive by 6:30 to load your gear. Our chartered sleeper bus has seats that convert to bunks. Leave a car at Walmart if you wish. Neither the Sierra Club nor Walmart assumes responsibility for your car or its contents, but we've not experienced a problem with left vehicles. Return to the Walmart on **Tuesday, September 3** by 6 AM.

How do I sign up? Read the full trip description. If you have backpacking experience and this trip sounds like fun for you, call or email **Walt Sunday, 972.964.3432, Walt.Sunday@verizon.net**, Participant Coordinator for the trip, to ask questions. Walt and other volunteer leaders may call participants who haven't recently participated in a Dallas Sierra Club backpacking outing to learn relevant experiences and answer questions. The Bus Coordinator for this trip is **Mark Stein, mark@steinplanning.com, 214.526.3733**.



The trip costs \$345 if your check arrives by August 7. The price includes bus transportation, breakfast on August 29, lunch on September 2, Forest Service fees, beverages on the bus and trained volunteer leaders. Add \$30 for a registration received after August 7. Early registration is advised. Trips sometimes fill weeks before departure. If total trip receipts exceed actual trip expenses, any excess will be applied to Wilderness First Aid training and other Dallas Sierra Club expenses.

Cancellation Policy: There is a \$30 fee for all cancellations, regardless of date or if replacements are found. After August 7, the balance of the trip fee will be refunded only if a replacement is found from the wait list. There will be no refunds for no-shows. Traffic jams that prevent you from making the bus are not an excuse. You might want to consider purchasing trip insurance.



The three forms at the end of the description and a check to "Dallas Sierra Club" should be mailed to **Walt Sunday, 4557 Charlemagne, Plano, TX 75093**. Acceptance of a registration is not complete until both the Participant Coordinator and your small group trip leader have reviewed your forms and determined that one of your preferred itineraries is likely to prove right for you and that space is available.

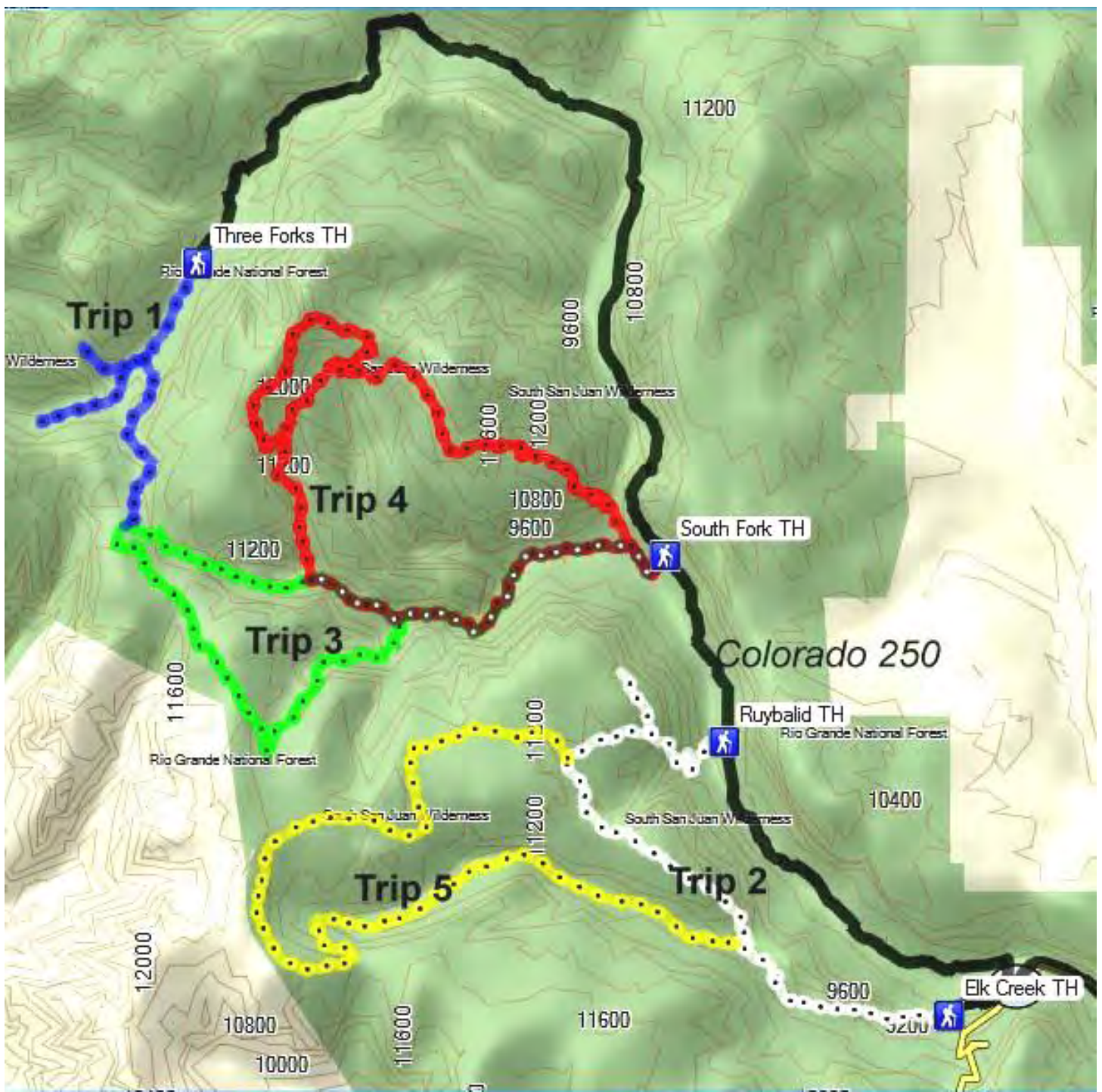
The **South San Juan Wilderness** protects part of the San Juan Mountains of southwest Colorado. This wilderness is in the Conejos Peak Ranger District, Rio Grande National Forest. Our trailheads are near the Conejos River or its tributaries. Trail altitudes range from 8,800' to Conejos Peak, highest in the SSJW at 13,122'. Our trails are in the Conejos River watershed, which drains to the Rio Grande.

Small group options: When you register, you'll select preferences from five itineraries for small groups (Trips 1, 2, 3, 4, or 5). In general, higher trip numbers imply a more strenuous trip. Daily difficulty rating codes, based on altitude, miles and gross climb, are as follows:

- ME - Moderately easy
- M - Moderate
- MS - Moderately strenuous
- S - Strenuous

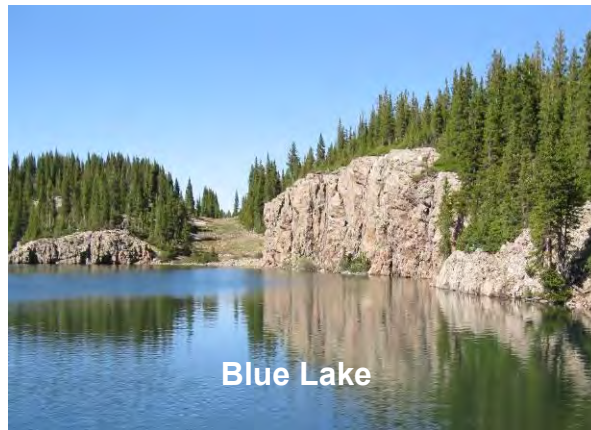
As you select preferences, pay attention to altitudes, daily climbs and miles. Backpacking miles apply to everyone in a small group, whereas day hike miles are optional. Altitudes over 8,000 feet, combined with exertion, may cause headaches or loss of appetite for some participants for a day or two. Healthy backpackers who exercise regularly, can run a couple miles or walk briskly for several miles and who have recent backpacking experience will probably find these trips rewarding if they pack sensibly, drink plenty of water and eat well. Trip 1 or 2 participants should regularly exercise at least two hours in a typical week. Trip 3, 4 or 5 participants should regularly exercise at least four hours in a typical week. The Dallas Sierra Club tries to honor small group trip preferences in the order registrations are received, depending on availability of space and suitability of the trip for a participant.

Map of Small Group Trip Routes



Trip 1: Conejos Falls and Blue Lake

It's a long bus ride on Day 1 to the Three Forks Trailhead, but the destination makes the adventure worthwhile. Set a two-night camp in the Three Forks area. Explore the North Fork on an optional afternoon hike. Day 2 is for a hiking west on the Middle Fork to 80'-high Conejos Falls and back. On day 3, this trip backpacks south, up the Rito Azul, fording it a couple times to camp near Blue Lake, where the afternoon sun warms the eastern bluffs and the rocks retain heat into the evening. Return the next day for another night near the Three Forks and head for the Trailhead on Day 5. **Leaders: Faith Mauk, faithmauk@verizon.net, 214.642.8331 and Kay Gowdy, grlengr@tx.rr.com.**



Day	Miles			Camp	Altitude		Gross Climb		Comment	Difficulty	
	Pack	Day	Sum		Sleep	Max.	w/o Day Hikes	w Day Hikes		w/o Day Hikes	w Day Hikes
Starting trailhead: Three Forks (10,200')											
1	2.4	0.0	2.4	Three Forks	10,300	10,300	100	100	PM hike along North Fork	M	M
2	0.0	4.8	4.8	Three Forks	10,300	10,700	0	400	Day hike to Conejos Falls	M	M
3	4.5	0.4	4.9	Blue Lake	11,500	11,500	1,200	1,200	Camp SE of lake	MS	MS
4	4.5	0.0	4.5	Three Forks	10,300	11,200	0	0		M	M
5	2.4	0.0	2.4			11,200	0	0		M	M
Sum	13.8	5.2	19.0				1,300	1,700			
Ending trailhead: Three Forks (10,200')											

Trip 2: Rough Creek and Ruybalid Lake

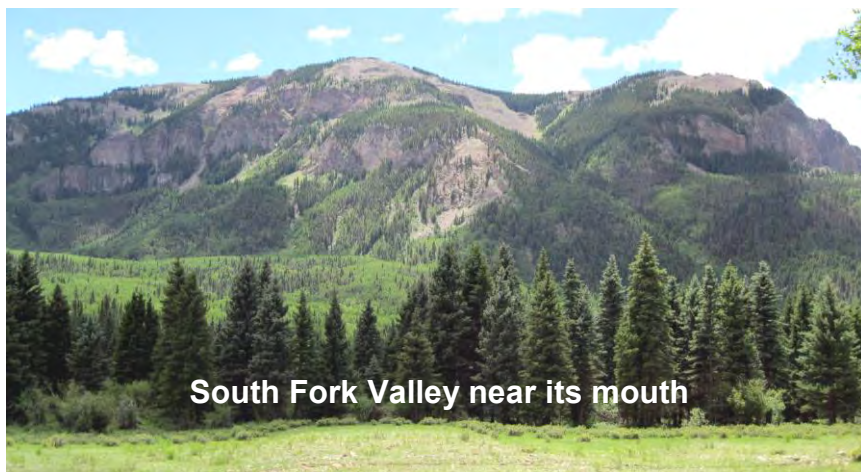


Trip 2 follows Elk Creek upstream from the Elk Creek Trailhead to make camp near First Meadow. Next day, the trip ascends to the Notch Trail, then northwest to find a camp by water or with a view to the Continental Divide. The trek continues northwest on Day 3, then north and east across the uplands of the Rough Creek drainage to camp somewhere south of Ruybalid Lake. Day 4 will feature a day hike to Ruybalid Lake, with views of the Conejos River basin sharply below. Descend 2,300' to the Ruybalid Trailhead on the final day, with an optional short spur hike to Rough Creek Falls along the way. Cross the Conejos River on a bridge into a rustic summer community to meet the bus. **Leader: Diana Rawlins, diana.rawlins@att.net, 972.783.0962, with Mike Rawlins.**

Day	Miles			Camp	Altitude		Gross Climb		Comment	Difficulty	
	Pack	Day	Sum		Sleep	Max.	w/o Day Hikes	w Day Hikes		w/o Day Hikes	w Day Hikes
Starting trailhead: Three Forks (10,200')											
1	3.3	0.0	3.3	First Meadow	9,400	9,400	600	600	Watch out for cow poop!	ME	ME
2	4.3	0.0	4.3	pond w view to Divide	11,000	11,000	1,600	1,600		MS	MS
3	5.2	0.0	5.2	S. of Ruybalid Lake	11,100	11,200	500	500		MS	MS
4	0.0	2.6	2.6	S. of Ruybalid Lake	11,100	11,200	0	300	Day hike to R. Lake or more	M	M
5	3.6	0.6	4.2			11,200	100	100	Side hike to Rough Crk. Falls	M	M
Sum	16.4	3.2	19.6				2,800	3,100			
Ending trailhead: Ruybalid (8,800')											

Trip 3: Blue Lake and Green Lake

Starting at the South Fork Trailhead, hike along the South Fork to a fine campsite at the junction of Cañon Verde. Continue west the next day, up the South Fork to Blue Lake, immediately below the Continental Divide. On Day 3, hike south on the Continental Divide Trail, crossing the Divide at least three times, to another high camp near Green Lake. Trip 3 descends Cañon Verde on Day 4, arriving at its first night's campsite, but continuing downstream to Hansen Creek, weather permitting, for a short hike to the South Fork Trailhead on the fifth morning. **Leaders: Bill Beach, bbeach45@yahoo.com, 214-662-3224 and Arthur Kuehne.**



South Fork Valley near its mouth

Day	Miles			Camp	Altitude		Gross Climb		Comment	Difficulty	
	Pack	Day	Sum		Sleep	Max.	w/o Day Hikes	w Day Hikes		w/o Day Hikes	w Day Hikes
Starting trailhead: South Fork (9,100')											
1	6.0	0.0	6.0	S. Fork at Canon Verde	9,600	9,600	600	600		MS	MS
2	6.0	0.5	6.5	Blue Lake	11,500	11,500	2,000	2,000	Camp away from lake	S	S
3	5.2	0.4	5.6	Green Lake	11,500	11,900	600	600	Camp away from lake	MS	MS
4	6.8	0.0	6.8	Hansen Creek	9,100	11,500	300	300		MS	MS
5	3.6	0.0	3.6			9,100	300	300		ME	ME
Sum	27.6	0.9	28.5				3,800	3,800			
Ending trailhead: South Fork (9,100')											

Trip 4: South Fork Loop to Conejos Peak



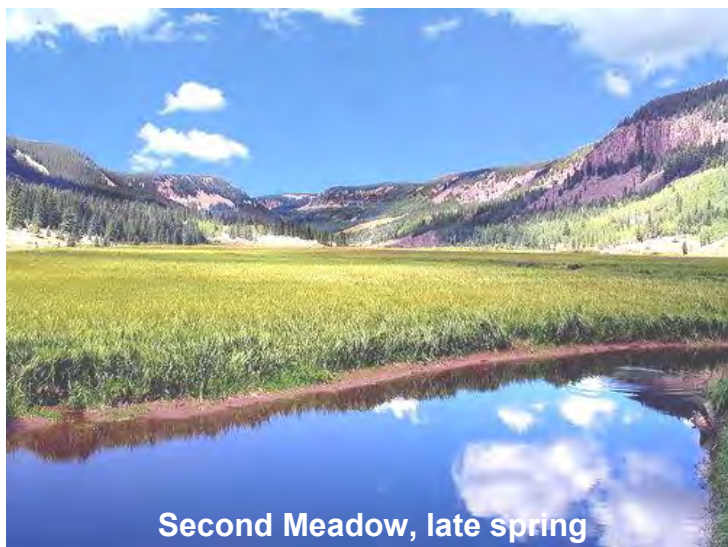
Glacier Lake, July

From the South Fork Trailhead, Trip 4 backpacks up the South Fork to a campsite at the junction of Cañon Verde, same as Trip 3. The next day, Trip 4 continues west through the South Fork Narrows, then north up Cañon Rincon to a high camp near Twin Lakes. Weather permitting; Day 3 will be a loop day hike to Conejos Peak, highest in the wilderness at 13,159', returning to camp via Glacier Lake on an unmaintained trail. On Day 4, weather and energy permitting, a morning day hike to Timber Lake, 5 miles round-trip is an option. Later, backpack through alpine meadows grazed by elk and domestic sheep to camp near a cabin ruin on the Roaring Gulch Trail. Day 5 calls for an early start down the Roaring Gulch Trail, descending

switchbacks to the South Fork Trailhead. **Leader: Steve Fleischman, stephen.fleischman@verizon.net, 972.689.7317**

Day	Miles			Camp	Altitude		Gross Climb		Comment	Difficulty	
	Pack	Day	Sum		Sleep	Max.	w/o Day Hikes	w Day Hikes		w/o Day Hikes	w Day Hikes
Starting trailhead: South Fork (9,100')											
1	6.0	0.0	6.0	S. Fork at Canon Verde	9,600	9,600	600	600		M	M
2	5.4	0.0	5.4	Twin Lakes	11,700	11,700	2,200	2,200		S	S
3	0.0	7.7	7.7	Twin Lakes	11,700	13,122	0	1,600	Loop to Conejos Pk., Glacier L.	M	S
4	4.3	5.0	9.3	ruin near. Hansen Creek	11,800	11,800	300	700		MS	MS
5	6.3	0.0	6.3			11,800	400	400		MS	MS
Sum	22.0	12.7	34.7				3,500	5,500			
Ending trailhead: South Fork (9,100')											

Trip 5: Victoria Lake via Elk Creek and the Continental Divide Trail



Second Meadow, late spring

Starting at the Elk Creek Trailhead, Trip 5 hikes a big arc, west along Elk Creek for two days, then north on the Continental Divide Trail until dropping east into the Valle Victoria and the Rough Creek upland to Ruybalid Lake and the Ruybalid Trailhead. It's a lot of miles and terrain, but Day 3 is the one strenuous day. The second day may conclude with a camp at Fourth Meadow or further uphill near Dipping Lakes, depending on group energy and weather. Day 3 begins on the Continental Divide Trail (early, due to possible afternoon rain) and ends at a water source on the Valle Victoria Trail. The Day 4 hike heads to Victoria Lake and views across the South Fork valley to Conejos Peak, then around the marshes of Alverjones Lake and on to a camp near Trip 2, south of Ruybalid Lake. A late afternoon or

evening hike to Ruybalid Lake is optional. The final day's hike descends sharply to a rustic resort community just beyond the Trailhead and Conejos River, with a short foray to see Rough Creek Falls. **Leader: Clay Morton, claymorton@gmail.com, 214.914.4780.**

Day	Miles			Camp	Altitude		Gross Climb		Comment	Difficulty	
	Pack	Day	Sum		Sleep	Max.	w/o Day Hikes	w Day Hikes		w/o Day Hikes	w Day Hikes
Starting trailhead: Elk Creek (8,800')											
1	7.0	0.0	7.0	Second Meadow	9,900	9,900	1,100	1,100		MS	MS
2	5.8	0.0	5.8	Fourth Meadow	10,500	10,500	600	600	Dipping Lakes is an option	MS	MS
3	8.9	0.0	8.9	Laguna Venada Crk.	11,400	12,100	1,700	1,700	Hike on Continental Div. Trail	S	S
4	6.7	2.6	9.3	S. of Ruybalid Lake	11,100	11,400	300	300	PM day hike to Ruybalid Lake	MS	MS
5	3.6	0.6	4.2			11,100	100	100	Side hike to Rough Crk. Falls	M	M
Sum	32.0	3.2	35.2				3,800	3,800			
Ending trailhead: Ruybalid (8,800')											

Advice and Rules

Weather: Two summers ago, when we made this trip at the Fourth of July, we encountered snowpack on some trails above 10,500 and high water in streams as snow was melting. Snowpack will pose no problem in late August, but sudden snowbursts near the Continental Divide are possible. At 10,000' elevation, average daily highs will approximate 65 degrees, average lows 32 degrees. Bring layers of clothing to accommodate sudden shifts of temperature. The summer afternoon monsoon season should be tapering by Labor Day, but you'll almost certainly use your rain gear part of some days.

Altitude: Participants could experience headaches, nausea or appetite loss on the first or second night. These are symptoms of mild altitude sickness. Symptoms usually pass as bodies adjust to low air pressure and less oxygen per breath. To avoid or mitigate mild 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. Sleep in a tent with good ventilation beneath its fly. Don't bury your head in your sleeping bag. Lack of oxygen can prompt a "hangover" people sometimes feel at high altitude. If you're prone to altitude sickness, your physician may prescribe acetazolamide (generic for Diamox) to minimize symptoms.

Water: Water will be plentiful every day for every hike, but you'll need to treat it with tablets, filtration or boiling. Containers for two or three liters should be ample. **Don't** fill the containers in your pack with water from home, as spills in the bus cargo bays can ruin a trip for you and others.

Gear: Each backpacker is responsible for bringing his or her own food and equipment. Participants are welcome to arrange sharing of food, cooking gear, a tent, etc. with a friend. Contact trip leaders before departure if you'd like advice about gear. If your loaded pack weighs more than 25 to 30 pounds before water,

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

Basic equipment: You need a lightweight tent for shelter from rain, a sleeping bag suitable for temperatures in the 30's or possibly 20'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 four breakfasts, four no-cook lunches and four dinners. Bring a lightweight burner and fuel for cooking. We don't build ground fires. Without them, leave-no-trace camping is easier, we eliminate smoke odor and embers that can burn fabrics and we cut the risk of uncontrolled fires.

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

Bears and other critters: There are black bears in the South San Juan Wilderness, although we've not encountered them. Chipmunks and other little nibblers are more likely to pursue food left on the ground, even in bags. We 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 travel in a chartered sleeper bus with professional drivers. These rules are important for safety and courtesy to your fellow bus passengers:

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

When we convert the bus interior from seats to bunks and vice-versa, we'll do that at places where you can buy food and use toilets. The bus is equipped with a toilet, too.

You'll want either your sleeping bag or a blanket on the bus. (Air conditioning can make it cold, even in July, so you'll probably appreciate a light jacket or sweater at your seat, too, no matter how warm it is when we leave Dallas.) Space for gear in the seating compartment is limited, however, so please limit carry-on items to small, crushable bags that will fit in either 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. We have an exterior cargo bay reserved for your sleep gear. Veteran trippers have found that a sleep mask, earplugs or an over-the-counter sleep inducement may promote a good night's rest.

You're welcome to bring snacks and non-alcoholic drinks (but no glass) 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 during the day you board the bus (before you board) will start your hydration routine properly.

You may leave gear on the bus while you're hiking. Temperatures on a parked bus can get hot, so use caution if leaving electronic devices. Most people leave on the bus a change of clothes for the return trip. Carry a bit of biodegradable soap with you and allow time to wash, if you wish, before your scheduled bus pick-up time.

You may indicate preferences for seating when you register. Seat and bunk assignments depend on the order in which registrations are received.

Trip leaders:

- All our leaders are volunteers. They lead because they love backpacking and wilderness areas. They're eager to share their delight and skills with you. 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 could encounter, ask your doctor if you should carry 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 Participant 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. 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 they cannot put others in the group at risk to look for a lost participant.

The Dallas Sierra Club has conducted trips into wilderness areas 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, September 22 at 6 PM to screen and view favorite trip pictures. The location will be determined later and confirmed by email. Bring your favorite pictures on a flash drive or CD.

Deliver the forms: After carefully reading the trip descriptions and precautions:

- Read and sign the Sierra Club liability release.
- Complete and sign the medical history form.
- Complete the experience and preferences form.
- Send all three forms and a check to "Dallas Sierra Club" for the appropriate amount to the Participant 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

PREFERENCE AND EXPERIENCE FORM South San Juan Wilderness Trip Aug. 28 - Sept. 3, 2013

Return this form, your check payable to Dallas Sierra Club, the medical form and the Sierra Club release of liability form to **Walt Sunday, 4557 Charlemagne, Plano, TX 75093**. Use a separate form for each person. Please print the forms single-sided on 8 1/2" by 11" paper.

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: _____

SEAT, BUNK AND FOOD PREFERENCES: We give seating priority to trip leaders and then try to honor preferences in the order complete registrations are received. We try to hold upper bunks for people six feet and taller, but this isn't always possible for later registrants.

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

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

We ordinarily seat men with men and women with women unless both people request sitting and bunking with a specified person. If we may seat you with an unspecified person of opposite sex, check here:

BACKPACKING EXPERIENCE:

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

Have you backpacked before? Yes No

If yes, where and when? _____

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

How did you learn about this trip? _____

The Participant Coordinator or one of the trip leaders may contact you, particularly if you've not backpacked on a Dallas Sierra Club trip in recent years.

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

SIGNATURE of adult participant: _____ Date _____

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



SIERRA CLUB OUTINGS

MEDICAL HISTORY FORM

The Basics:		
Name:	Date of Birth (mm/dd/yyyy):	Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female
Home Address, with City, State and ZIP:		Email:
		Telephone, with Area Code:
Height:	Weight:	Prescription eyewear? <input type="checkbox"/> None <input type="checkbox"/> Glasses <input type="checkbox"/> Contacts If you wear corrective lenses, we recommend a spare set.
Blood Pressure: /	Resting Pulse:	Your doctor, with month and year of a recent comprehensive physical:

Medical Questions:*	No		Yes		No	Yes
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Have you had a recent illness, hospitalization, operation, or accident?	<input type="checkbox"/>	<input type="checkbox"/>	Have you been recently exposed to an infectious disease?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have asthma?	<input type="checkbox"/>	<input type="checkbox"/>	Do you have hearing problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have diabetes?	<input type="checkbox"/>	<input type="checkbox"/>	Do you have a history of high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>	Have you experienced altitude problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have heart problems?	<input type="checkbox"/>	<input type="checkbox"/>	Are you pregnant?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have respiratory problems?	<input type="checkbox"/>	<input type="checkbox"/>	Do you have other medical problems that may impact your participation in strenuous activity?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have eye or vision problems?	<input type="checkbox"/>	<input type="checkbox"/>	In what year was your most recent tetanus inoculation or booster? (Every ten years is advisable.)			

*If you answer "Yes" to any of the above question, please explain in the margins or on another sheet.

Allergies: (Include medicines, foods, insect bites/stings, environments, etc.)		
Allergy	Adverse Reaction	Treatment Required

Medications and Supplements: (List all prescriptions, over-the-counter drugs and natural/herbal medications or supplements you are taking.)		
Name	Dosage and Frequency	Reason for Taking

Medical Insurance:		
Insurance Company:	Policy Number:	Phone:

Emergency Contacts:					
Person #1:	Relationship:	Phone:	<input type="checkbox"/> H <input type="checkbox"/> W <input type="checkbox"/> C	Alternative Phone:	<input type="checkbox"/> H <input type="checkbox"/> W <input type="checkbox"/> C
Person #1 Address, with City, State and ZIP:					
Person #2:	Relationship:	Phone:	<input type="checkbox"/> H <input type="checkbox"/> W <input type="checkbox"/> C	Alternative Phone:	<input type="checkbox"/> H <input type="checkbox"/> W <input type="checkbox"/> C

All the above information is true as of (date) _____ Signature: _____
 If this information changes before or during the trip, it's your duty to report it to your small group trip leader before you leave the bus.



SIERRA CLUB OUTINGS

Acknowledgment of Outing Member Responsibility, Express Assumption of Risk and Release of Liability South San Juan Wilderness Trip, Aug. 28 – Sept. 3, 2013

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.

Printed Name: _____

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.

Printed Name of Minor: _____ Minor’s Age: _____

Signature of Parent or Guardian: _____ Date: _____