



SIERRA CLUB OUTINGS

Alaska Raft Participant Approval Form

Please complete this questionnaire and return it to your trip leader within 30 days.

Be as detailed and candid as possible with your answers. Each participant, regardless of age, must fill out a separate form.

Use another sheet of paper if additional space is needed.

Name: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Home: (_____) _____ **Work:** (_____) _____

E-mail address: _____ **Date of Birth:** _____

- Please indicate your swimming ability: Advanced Intermediate Beginner Non-Swimmer

- Have you been on a Sierra Club National Outings trip before? Yes No If yes, please list the most recent trip(s) including trip types, dates, trip names, locations, and leaders.

- What is your river-rafting or paddling experience? Include dates, locations, and distances.

- Detail your regular physical activities and exercise program. What physical conditioning will you do to prepare yourself for this trip?

- Describe your general physical condition:

- Do you have any dietary restrictions (vegetarian, vegan, wheat free, etc.)? Are you an especially big eater?

