



# SIERRA CLUB OUTINGS

## Supported Trekking 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:** \_\_\_\_\_

- 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 personal trips with related experience have you taken? 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?

- 
- Do you have any outdoor interests, hobbies, or specialties (birds, archaeology, geology, etc.)? Would you be willing to share them with the group?
  
  - Describe your equipment (brand/model/condition):
    - Sleeping Bag –
  
    - Tent –
  
    - Boots –

---