



# SIERRA CLUB OUTINGS

## Kayak 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
  
- Please indicate your kayaking ability:  Advanced  Intermediate  Beginner
  
- 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.
  
- Describe your camping 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?

