



SIERRA CLUB OUTINGS

Mountaineering 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 previous mountaineering experience. List peaks and routes climbed.

- 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:

