



Participant's Acknowledgement of Trip Expectations

Mountain Backpacking – 2022

- ❖ I understand that I will be in the wilderness, sleeping in tents, hiking with a backpack each day, and experiencing weather that is out of anyone's control.
- ❖ I am willing to function as a group, helping my fellow adventurers and doing my share of camp duties. This also means that I will not separate myself from the group except when it is acceptable, approved and the leaders have been notified.
- ❖ I am willing to be under the leadership and authority of the Wild Hearts Adventures (WHA) Guides. I understand that they may have to make decisions for the comfort and safety of the group that I may not like or agree with.
- ❖ I understand that WHA has equipment standards, limits and requirements and I will abide by those. This means that I may want to bring certain equipment of my own but may not be able to do so.
- ❖ I understand that if I bring more than the advised quantity of personal items/clothing, I may be asked to reduce those items in order to either accommodate group gear or reduce the overall weight of my backpack to an acceptable level.
- ❖ I understand that not all dietary concerns can be accommodated on an adventure of this kind. Any concerns I had have been discussed and are acceptable or, I did not have any concerns.
- ❖ I understand that on an adventure of this kind I need to eat well and drink plenty of water. I will follow the guidance the WHA Guides. I also agree NOT to use this adventure as a weight-loss program.
- ❖ I am willing to sleep in tents with other people of the same gender during the backpacking portion of the trip.
- ❖ I am willing to sleep in hotel rooms with other people of the same gender during this trip.
- ❖ I can travel in a vehicle for an extended period of time without getting motion sickness or, I will have appropriate medication to alleviate motion sickness with me.

- ❖ I will bring with me and have discussed medications that I require. For required medications, I will bring two weeks worth.
- ❖ I am mentally and physically prepared to be outdoors for up to 8 days and am able to hike several miles a day, carrying a full-size backpack.
- ❖ I understand that, at certain times during this trip, I will be in a wilderness area where cell phone communication may not be possible and emergency services could be unavailable. If an injury occurs in this situation, I am willing to rely on WHA's use of satellite communications to Search and Rescue services and the WHA's Guide's ability to apply wilderness first aid until professional services can be reached and utilized.
- ❖ I understand that the satellite communications that WHA employs will ONLY be used for emergency situations and on an adventure such as this, that means a preservation of life type of scenario. It will NOT be used to order pizza or a warmer sleeping bag!
- ❖ I understand that the plans for this trip, including hiking and camping routes, travel times, planned stops, opportunities to summit a peak, etc. are all subject to change. This could be due to the capabilities of the group, weather, fire danger, fire restrictions, road conditions or restrictions, vehicle restrictions, crowd issues (no parking at a trailhead for example), or availability of wilderness areas.
- ❖ I understand that only WHA staff/Guides are allowed to drive the WHA van.
- ❖ I understand that if I give the WHA staff/Guides coffee or chocolate while they are driving the van I may be able to persuade them to make a stop I desire. It is not guaranteed, however.

By signing this, I agree that I have read all the above and agree to the expectations addressed. If I have any questions or concerns, I agree that they have been discussed and are acceptable.

Participant signature

Date