We’re excited that you’re interested in joining us for our 2025 Elk Lakes trip! The following form includes questions about your experience and health. The answers you provide here will be kept confidential among the trip planner and leaders and will be used to ensure our group is prepared for the environment. Please note that having no experience will not disqualify you from this trip. There are no wrong answers, just information, so please be honest in your assessment of yourself. Our ultimate objective for this trip is to ensure everyone enjoys themselves and comes home safely.

**Info**

|  |  |
| --- | --- |
| Name |  |
| Birthdate |  |
| Address |  |
| Phone |  |
| ACC member number  |  |
| Emergency contact name |  |
| Emergency contact phone number |  |

**Experience**

1. This trip will be based out of the Elk Lakes Cabin, an Alpine Club of Canada hut. You will be sleeping in an open loft with our entire group. Are you okay with that?
2. Objectives include a 20 km hike, and alpine objective with 1000 m of elevation gain, potential 5:00 a.m. departures, and 10-hour days in hiking boots. How does that sound to you?
3. Briefly describe the two most difficult hikes that you have completed.
4. Briefly describe your outdoor climbing experience.
5. Please describe your understanding of basic climbing knots.
6. Please describe your experience rappelling.
7. Have you ever experienced any issues with heights or exposure when climbing or hiking? If so, please describe what happened.

**Health**

1. Please describe your current state of health.
2. Please describe any health concerns that might impact on your ability to participate. (Note that if you are selected for this trip, your leaders will want to discuss any medications, allergies, sensitivities, etc)
3. Please describe your current and planned regular physical activity schedule.
4. Please describe your planned physical activities to prepare for this trip.

**Equipment**

1. Required equipment for this trip includes stiff, full-height hiking boots or light mountaineering boots. Do you have suitable boots? If you plan to buy new boots, are you prepared to walk at least 100 km in them prior to the trip?
2. Do you have:
* a climbing harness, a helmet, an ATC with a locking carabiner, a personal prusik, a double-length sling, two locking carabiners?
* a comfortable backpack large enough for all required gear?
* warm layers, a waterproof shell (jacket and pants)?
* collapsible trekking poles?

Note that the club has helmets and a limited number of harnesses and backpacks available to lend out if needed.