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Winter: 115-2906 West Broadway Vancouver, BC V6K 2G8

### ARE YOU READY FOR AN EQUINOX WILDERNESS EXPEDITION? PHYSICAL PREPAREDNESS

Good physical shape is essential for reducing risk of injury and maximizing enjoyment of your expedition. Only you can answer the most important questions:

- Am I mentally prepared for Alaska wilderness travel?
- Am I physically able to meet the challenges of wilderness/mountain travel?
- Do I have any health problems, which may hinder my performance or put others or myself at risk?

Our Trip Levels (Easy, Moderate, Strenuous) offer you a good idea of the physical preparation necessary to enjoy your adventure. Please contact us to discuss physical readiness, trip expectations, or any other questions you might have. You are responsible for being physically prepared for our trips.

Moderate trips are active, requiring agility to walk on uneven, slippery and rocky surfaces while helping to carry gear/boats; upper body strength sufficient to support body weight with arms (getting into and out of boats); flexibility and balance to enter/exit boats (bend knees 45 degrees from sitting position); ability to squat down and enter tents; upper body strength sufficient to paddle boats 3 to 5 hours a day in variable conditions; ability to hike over trail-less terrain; mental capacity to follow directions; able to sustain overall health during a remote wilderness experience for 5 to 10 days.

On more strenuous trips, the miles covered and hours spent in an activity may increase by 50 to 70 percent.

### MENTAL PREPAREDNESS

Alaska is an awesome place. Along with the joy of being in wilderness comes the necessity of dealing with Alaska's elements. Heat, cold, wind, mosquitoes, rain, and the entire spectrum of weather that Alaska offers may test your mental endurance. Depending on the type of expedition you join, you may carry a pack over miles of trail-less terrain, wade cold rivers and streams, paddle down swift rivers, and set up and break down camp in difficult weather. Those who do not think they have the fortitude to endure these conditions should reconsider their decision to join one of our trips.

Our hiking and river expeditions in Arctic Alaska are special experiences in true wilderness and, as such, they also carry an element of risk. Trip locales are remote, away from the amenities of civilization, including sophisticated medical care and immediate evacuation possibilities. Our trips carry a satellite phone or VHF radio, but even with this technology, communication with the outside world can be difficult and emergency assistance can be days away. Weather in Alaska is unpredictable, and inclement weather can be severe. If you are not comfortable with this degree of remoteness, our trips are probably not suited to you. Approach travel in the Arctic with a flexible outlook, an adventurous spirit, and a sense of humor and you won't be disappointed. Our best-made plans and schedules occasionally have a way of going the way of the wind. Getting out into remote Arctic wilderness takes pre-planning, perseverance, and, finally, patience. We put forth tremendous effort to assure that our expeditions carry the necessary gear, food and equipment for our comfort and survival, while cognizant of the fact that we are consuming precious fossil fuels flying to a remote corner of the North. We try to leave behind the weighty, the unnecessary. Our trips are **not** African safari-style, and they are not Grand-Canyon-style, with huge coolers of fresh food, canned and bottled beverages and folding sling-back chairs, etc. Please do not expect all the "comforts and amenities" that you might find on a base camp in Botswana or on a commercial trip on a typical Western U.S. river trip. The energy (petroleum products) required to transport all that heavy gear and food by bush plane is anathema to our purpose for being out in the wild.

We bring what we need to travel safely through the wilderness with a minimum of impact. Our meals are hearty and healthy, utilizing a combination of fresh and dried foods (not commercial freeze-dried foods; we prepare our own delicious camp meals). We use natural and organic foods, free of preservatives and non-GMO (genetically modified), as much as possible. We dine in a teepee-style tent during inclement weather; when it's nice, we dine under the sky.

Many of our trips do not require any previous experience, though if you have not camped outdoors, we recommend that you get some backcountry experience elsewhere before coming to Alaska. Those who consider themselves ready, both physically and mentally, to the challenge of Alaska's sometimes intense, but often sublime wilderness environment will enjoy our expeditions.



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**TRIP APPLICATION**

Name of trip \_\_\_\_\_ Trip Price \_\_\_\_\_

Your name and mailing address \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Home phone \_\_\_\_\_ Work phone \_\_\_\_\_

E-mail \_\_\_\_\_

Preferred method of contact:    e-mail                  work phone                  home phone                  cell phone

Occupation \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Birthdate \_\_\_\_\_

Due to the limited amount of space and weight allowed on bush planes, Equinox Wilderness Expeditions reserves the right not to accept passengers weighing more than 260 lbs. or having a waist/chest size exceeding 52 inches. In addition, if you wish to carry additional equipment beyond the weights allowed, please contact us in advance, and we can plan accordingly. You will be billed additional costs for all excess baggage.

In case of emergency, contact \_\_\_\_\_ Relation \_\_\_\_\_

Address \_\_\_\_\_  
 \_\_\_\_\_

Phone No. \_\_\_\_\_

Please provide a short statement about yourself, why you're going on this trip, any special interests you'd like to pursue  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Describe any dietary restrictions (i.e. food allergies, etc.) If vegetarian, please specify type of protein you eat. We will do our best to make substitutions to meet your needs, but in some cases, significant changes may be limited. Please contact us if you have any concerns. Be sure to fill out the food survey.  
 \_\_\_\_\_  
 \_\_\_\_\_

Please describe your health and physical condition and your previous outdoor and wilderness experience  
 \_\_\_\_\_  
 \_\_\_\_\_

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Describe your outdoor background and regular physical activities \_\_\_\_\_

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MEDICAL INFORMATION AND RELEASE

Please read the following carefully and list any medical problems that you have that could influence your performance on a trip. On our expeditions, medical care (note: trip leaders are trained in wilderness first aid) is often a long distance away, and medical evacuation may take some time. Medical conditions that have not been indicated prior to departure can pose a serious threat to your well-being and may unfairly jeopardize the success of the trip for others. *Failure to fully document or disclose any potential problems may lead to your dismissal from any expedition at your own expense.*

Name \_\_\_\_\_ Trip \_\_\_\_\_

Present state of health \_\_\_\_\_

Provide details below, on a separate page, or on the back of this form for the questions below:

1. Yes No Do you have any chronic ailments, medical condition, or injuries that require periodic care or visits to a physician?
2. Yes No Do you regularly take any medications? Please indicate all of them.
3. Yes No Are you sensitive in any manner to any medications or have you had any reactions to any drugs? If yes, indicate which drugs and what kind of reaction.
4. Yes No Do you have any food or environmental allergies or food sensitivity?
5. Yes No Have you been hospitalized within the past 5 years? If yes, indicate the nature of such hospitalization.
6. Yes No Do you currently have, or has any physician ever told you, that you have had any of the following conditions: Heart disease, diabetes, high blood pressure, asthma, epilepsy, ulcers, stomach or intestinal condition, chronic lung condition, back problems, foot problems, leg problems? If yes, please indicate the nature of any such ailments.
7. Do you have any illness or condition that may pose a risk to yourself and/or others? If so, please explain. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please indicate your city of arrival and departure and flight information if available

\_\_\_\_\_

Do you need assistance with hotel/bed and breakfast accommodations? \_\_\_\_\_ We can offer suggestions on where to stay and assist with your booking.

How did you hear about EQUINOX? \_\_\_\_\_

Is there anything else you wish for us to know about you?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## RELEASE OF LIABILITY AND ASSUMPTION OF ALL RISKS

*Please read carefully. This is a legally enforceable waiver of rights.*

All trip participants must sign a release in order to participate in an EQUINOX WILDERNESS EXPEDITION. Also be sure to complete the food survey, which will allow us to meet your dietary preferences.

### TERMS AND CONDITIONS

- A deposit of \$500 per person is required to reserve space on any trip. Balance of payment is due 60 days prior to the departure date. Confirmation letter and a detailed trip packet, along with equipment list, will be sent upon receipt of deposit. Should you have a need to cancel, your deposit, less a \$100 administrative fee, will be refunded if you notify us 60 days in advance. Less than 60 days, your deposit will not be refunded. If you cancel less than 30 days prior to trip departure, full trip payment is retained. This policy is necessary due to the small group sizes for which we provide individualized service.
- Prices for scheduled trips are based on a minimum party size. If sign-ups are insufficient, we reserve the right to cancel the trip. In such case, all monies paid to EQUINOX WILDERNESS EXPEDITIONS will be refunded. We are not responsible for any other expenses incurred, such as airline tickets, equipment rental, etc.
- All travel in wilderness Alaska is dependent on weather and air taxi schedule changes. We reserve the right to adjust dates/times or other trip details because of circumstances beyond our control. The cost of any delays because of bad weather, sickness or other contingencies is not covered by trip costs. We carry emergency food in anticipation of such delays, however; your meals in the field are covered for any extra days we spend in the wilderness due to circumstances beyond our control.
- If you purchase nonrefundable discount air tickets for your trip to Alaska, allow at least one day at the end of your trip before returning home. Delays due to weather are not uncommon.
- Medical costs and cost of evacuation of sick or injured persons and hospitalization costs are not covered by trip prices. You are responsible for the costs of evacuation and any other expenses incurred if your physical ability or medical condition requires that you be evacuated. Note: We may deem a participant unfit to participate in an expedition. Further, once on a trip, the trip leader has the right to disqualify any participant at any time during the trip if they feel the participant is physically or mentally incapable or if his/her continued participation will jeopardize the individual or the group. Refunds are not given under such circumstances. We recommend short-term travelers' insurance through your own preferred provider, or Travelguard.com. Participants should be in good health. We travel to remote regions for extended periods of time without any guarantee of communication and where there is no opportunity to get assistance if there is a medical problem. Undertake a good physical conditioning program well in advance of the trip and make us aware of your limitations or any medical problems.
- Some EQUINOX WILDERNESS EXPEDITIONS trips allow for unsupervised free time. Free time activities are not part of the EQUINOX WILDERNESS EXPEDITIONS trip and are at your sole risk. EQUINOX WILDERNESS EXPEDITIONS is not responsible for any loss, injury, illness or death which may result from your participation in free time activities
- There are significant elements of risk in any adventure, sport or activity associated with the outdoors or wilderness, including but not limited to camping, climbing/hiking/trekking, fishing, travel by air, and the presence or use of watercraft and firearms (herein referred to as "activity.")

### VOLUNTARY PARTICIPATION AND ACKNOWLEDGEMENT OF RISKS

I, \_\_\_\_\_, acknowledge that I have voluntarily applied to participate in the activity, which is designated on this application (or other trip which I may transfer to) under the arrangements of EQUINOX WILDERNESS EXPEDITIONS and its agents, employees or associates. I am voluntarily participating in this activity.

I recognize that there is an inherent danger in this type of activity. These risks may result in serious injury or death, and include, but are not limited to: 1) falls, collisions, upset or overturn; 2) cold weather related injuries including hypothermia, frostnip and frostbite which may result in loss of limbs, digits, and/or permanent scarring; 3) heat related illnesses including heat exhaustion and heat stroke; 4) an "act of nature" which may include avalanche, rock fall, high winds, change in waterflow, and severe temperatures; 5) river crossings; 6) risk associated with crossing, climbing or down climbing of rock, snow and/or ice; 7) equipment failure or operator error; 8) discharge of weapons; and/or 9) attack by animals.

I acknowledge that certain foreseeable and unforeseeable events can contribute to the unpredictability of the activity; that personal property may be damaged or lost and that I should ask about other potential hazards and recommended precautions and procedures. I accept that wearing an approved flotation device for waterborne activities is a basic safety

precaution, and that I may suffer accidents or illnesses in remote places where there are no available medical facilities. I understand that in the case of accident or illness, medical facilities and services may be remote or inaccessible for all or part of the journey, that there are forces of nature, political upheavals, and acts of God over which EQUINOX WILDERNESS EXPEDITIONS has no control, and that such forces or conditions may lead to alterations and/or cancellation of the trip, and medical evacuation may take hours to days, depending upon the presence or absence of outside assistance (plane over flight/boat assist in marine environment).

I understand that EQUINOX WILDERNESS EXPEDITIONS reserves the right to deny person participation before or during a trip if they find that person to be mentally or physically unprepared. During a trip, EQUINOX WILDERNESS EXPEDITIONS reserves the right to require a person to leave at his/her expense, if it is determined that s/he is unfit to continue. I understand that in these cases there will be no refund of fees. Additionally there will be no refund of fees if weather or other factors make completing the trip impossible.

I have informed EQUINOX WILDERNESS EXPEDITIONS in writing of all mental and/or physical conditions that might increase the chance of injury or death to myself or others; my physical condition allows me to participate in the EQUINOX WILDERNESS EXPEDITIONS trip I have selected without endangering myself or others; and I agree to follow all oral and written rules and warnings presented to me by EQUINOX WILDERNESS EXPEDITIONS. I agree that this release shall be legally binding upon me personally, all members of my family and all minors traveling with me, my and their heirs, successors, assigns, and legal representatives, it being my intention fully to assume all the risks associated with this trip and to release EQUINOX WILDERNESS EXPEDITIONS from any and all liabilities. I agree to defend, hold harmless and indemnify EQUINOX WILDERNESS EXPEDITIONS from any claim, liability, loss, damages or expenses resulting from a claim brought by a fellow participant, rescuer, or any other person for loss or damage caused by my conduct.

#### **ASSUMPTION OF RISKS**

In recognition of the inherent risks of the activity, which I and any minor children for which I am responsible, will engage in, I confirm that I am (we are) physically and mentally capable of participating in the activity and/or using equipment.

**I HEREBY ACCEPT AND ASSUME FULL RESPONSIBILITY FOR MY WELFARE, ANY PERSONAL INJURY, ACCIDENTS OR ILLNESS, EMOTIONAL TRAUMA OR DEATH. I ALSO ASSUME RESPONSIBILITY FOR DAMAGE OR TO OR LOSS OF PERSONAL PROPERTY AS THE RESULT OF ANY ACCIDENT THAT MAY OCCUR.**

I assume the risk(s) of personal injury, accidents and/or illness, including but not limited to sprains, torn muscles and/or ligaments; fractured or broken bones; eye damage; cuts, wounds, scrapes, abrasions, and/or spinal injuries; animal bite or attack, insect bite, allergic reaction; injury caused by discharge of any weapon; shock, paralysis, drowning, and/or death; and acknowledge that during the activity, if I/we experience fatigue, chill and/or dizziness, it may diminish my/our reaction time and increase the risk of an accident.

#### **COVENANT OF GOOD FAITH**

I recognize that EQUINOX WILDERNESS EXPEDITIONS and its agents and employees, as provider of goods and services, will operate under a covenant of good faith and fair dealing, but that you may find it necessary to terminate an activity due to forces of nature, medical necessities or other problems; and/or refuse or terminate, the participation of any person you judge to be incapable of meeting the rigors or requirements of participating in the activity. I accept your right to take such actions for the safety of myself and/or other participants. I acknowledge that no guarantees have been made with respect to achieving objectives.

I hereby authorize any medical treatment deemed necessary in the event of any injury while participating in the activity. I either have appropriate insurance or, in its absence, agree to pay all costs of rescue and/or medical services as may be incurred on my/our behalf.

#### **AUTHORIZATION RELEASE**

I acknowledge that the cost of all EQUINOX WILDERNESS EXPEDITIONS has been based on trip participants executing this Release of Liability and Assumption of All Risks. In consideration of services or property provided, I, for myself and any minor children for which I am parent, legal guardian or otherwise responsible, any heirs, personal representatives, or assigns, do hereby release and discharge EQUINOX WILDERNESS EXPEDITIONS, its principals, directors, agents, employees and volunteers, and each and every land owner, municipal, state or federal government agency upon whose property an activity is conducted, from all liability arising from my participation in the activity and waive any claim for damage arising from any cause whatsoever (except that which is the result of gross negligence.)

#### **KNOWING AND VOLUNTARY EXECUTION**

I have carefully read and fully understand the contents and legal ramifications of the foregoing acknowledgement of risk, assumption of risk and responsibility, and release of liability, as well as all the conditions as stated under TERMS AND CONDITIONS listed on this application, especially noting those regarding cancellation and refund policies, limitation of liability, and responsibility borne by trip participants.

I agree to be bound by the decisions of the group leader pertaining to changes in scheduling, routing, or matters that would influence my personal health or well-being or that of any member of the group with whom I am traveling. I am aware that should I choose not to purchase the appropriate travel insurance coverage, I will be liable for all costs in case of cancellation, trip delays, damage or loss of baggage and medical emergencies howsoever caused.

I understand that this is a release of liability and an assumption of risk; by signing this document I may be waiving valuable legal rights. I sign it of my own free will.

\_\_\_\_\_ Date: \_\_\_\_\_  
Participant's name (printed)

\_\_\_\_\_  
Signature of releaser

\_\_\_\_\_ Date \_\_\_\_\_  
Witness Signature

\_\_\_\_\_  
Witness Name