

Backpack Beginners Course 2010

Course Content

The course is addressed towards people with little or no experience in backpacking but who want to explore backcountry trails and get away from the crowds. Topics are:

- Equipment (clothing, tents, sleeping bags and pads, backpacks, boots, stoves)
- Safe wilderness travel
- Trip planning
- Basic navigation skills
- Backcountry food and cuisine
- How to operate a stove
- How to treat water
- Common problems in the backcountry and how to avoid them
- Wilderness ethics and low impact camping

Course Format

The course consists of:

- **A full-day indoor session on Saturday March 27, 2010 including a series of short lectures, discussions, slide and equipment show. The event will be hosted from 9:00 – 5:00 at the Marin Headlands Institute (Golden Gate National Recreation Area).**
- **An overnight field trip at a weekend (Sat/Sun) in April/May in small groups lead by experienced instructors. There are 4 dates to choose from.**

During the field trip you will have the opportunity to try out your gear, learn how to set up a tent and operate a backpack stove, practice basic navigation skills and, most important, experience what it feels to hike with a heavy pack on your back. **Participation in the field trip requires attendance at the indoor session. No exceptions.**

Requirements

You need to be in good physical shape and have no serious health conditions. **Some experience in day hiking is necessary.** Sierra Club membership is **not** required.

Families with Children

Families with children above the age of 12 are welcome. Unfortunately the course is not suited for children under the age of 12. Contact Thomas Meissner for details.

Participants under the Age of 18

For all participants under the age of 18, who are not accompanied by a legal guardian, a minor release form needs to be signed. Contact Thomas Meissner for details.

Food and Equipment

The Sierra Club will provide lunch, snacks and soft drinks at the indoor session. For the field trips, we will provide commissary dinners and breakfasts as well as stoves, cooking equipment and group first aid kit. You need to provide all other gear (clothing, tent, backpack, sleeping bag, sleeping pad, boots, etc.). We strongly recommend that you wait until after the indoor session before making any purchases.

Transportation

Transportation to and from the indoor session and to and from the field trip trailheads is the responsibility of each participant. A roster will be provided to each sign-up so that participants can arrange carpooling.

Trip Fee and Refund Policy

The trip fee is \$ 60. For participants age 12 – 17 a reduced fee of \$ 40 applies. The fee has to be mailed with your application. We will refund your money if we have to refuse your application due to physical or medical conditions, if the course is full, or in the event that the Sierra Club has to cancel. **No refund will be given if a participant cancels.**

Sign Up and Notification

- In order to sign up, please complete the attached application form **and** the liability waiver and mail it together with your payment to the specified address.
- Accepted participants will receive a confirmation and further information about meeting time and place for the indoor session and a trip roster for arranging car-pools.
- Applications are reviewed in the order they are received.
- We cannot guarantee to consider applications that are received after March 06, 2010.
- Communication by email is strongly preferred. If you do not have email, you need to include a self-addressed, stamped envelope with your application in order to receive any further information as hard copy.
- Starting January 15, 2010, accepted participants will be notified by email and supplied with further instructions.

Questions

Thomas Meissner, email: meissner.thomas@sbcglobal.net (strongly preferred),
Phone: 707-795-7980 (please use only if you do not have email).

**Sierra Club SF Bay Chapter Backpack Section Beginners Course
Spring 2010 Application Form**

(One separate application is needed for each participant !)

Please review the general information and the attached form (**Acknowledgment of Out-
ing Member Responsibility, Express Assumption of Risk, and Release of Liability**)
before completing this application. Send the completed and signed application, the
signed liability waiver form and a check or money order for **\$60 (\$ 40 age 12 - 17)** pay-
able to the **Sierra Club SF Bay Chapter Backpack Section**. Mail to:

**Backpack Beginners Course 2010
Thomas Meissner
11 Regents Circle
Rohnert Park, CA 94928**

Please do not mail cash. Unfortunately we are not able to accept credit cards.
**If you do not have email, you need to include a self-addressed, stamped envelope with your
application in order to receive any further information as hard copy.**
**Applications need to be received at the latest by March 06, 2010, otherwise consideration is
not guaranteed.**

Personal Information (please print)

Name:

Full address:

Phone including area code:

Email:

Emergency Contact + Phone:

Medical and Physical Information (use back of this page if necessary)

1. Do you have any medical conditions or are you under any medical treatment?

2. Do you take any medications?

3. Do you have any allergies?

4. Do you have any dietary or food restrictions (e.g. vegetarian)?

5. What is your level of fitness and what do you do for conditioning?

6. Age Weight Height

7. Please describe briefly your outdoor interests and sports

Indoor Seminar

Saturday March 27, 2010 from 9:00 – 5:00 at the Marin Headlands Institute (Golden Gate National Recreation Area)

Field Trip Dates

In order to facilitate the organization of the field trips it is necessary that all participants provide **at least 2 dates**. Please indicate with “X” the dates that are possible. If you would like to do the field trip together with another participant (e.g. spouses or friends), please give the name below. All field trips will be located within the greater SF Bay Area.

Field Trip Date	
April 17 + 18	
May 01 + 02	
May 08 + 09	
May 22 + 23	

I would like to do the field trip together with (name of participant):

I have read and understand the information and meet the requirements for the medical and physical condition.

I have read and understand the refund/cancellation policy and I am aware that the trip fee will be only refunded if the outing has to be cancelled by the Sierra Club or if the Sierra Club refuses my application. No refund will be given if I cancel my participation in the outing.

Date:

Signature:

(legal guardian if under 18)

Name (print):

Note: For any participant under the age of 18 who is not accompanied by his or her legal guardian, a minor release form which signed by the legal guardian needs to be submitted. Contact Thomas Meissner for details.

Acknowledgment of Outing Member Responsibility, Express Assumption of Risk, and Release of Liability

This form needs to be signed by each participant and/or legal guardian

I understand that during my participation in this Sierra Club Outing, I may be exposed to a variety of hazards and risks, foreseen or unforeseen, which are inherent in each Outing and cannot be eliminated without destroying the unique character of the Outing. These inherent risks include, but are not limited to, the dangers of serious personal injury, property damage, and death (“Injuries and Damages”) from exposure to the hazards of travel and the Sierra Club has not tried to contradict or minimize my understanding of these risks. I know that Injuries and Damages can occur by natural causes or activities of other persons, animals, trip members, trip leaders and assistants or third parties, either as a result of negligence or because of other reasons. I understand that risks of such Injuries and Damages are involved in adventure travel such as Sierra Club Outings and I appreciate that I may have to exercise extra care for my own person and for others around me in the face of such hazards. I further understand that on this Outing there may not be rescue or medical facilities or expertise necessary to deal with the Injuries and Damages to which I may be exposed.

In consideration for my acceptance as a participant on this Outing, and the services and amenities to be provided by the Sierra Club in connection with the Outing, I confirm my understanding that:

- I have read any rules and conditions applicable to the Outing made available to me; I will pay any costs and fees for the Outing; and I acknowledge my participation is at the discretion of the leader.
- The Outing officially begins and ends at the location(s) designated by the Sierra Club. The Outing does not include carpooling, transportation, or transit to and from the Outing, and I am personally responsible for all risks associated with this travel. This does not apply to transportation provided by the Sierra Club during the Outing.
- If I decide to leave early and not to complete the Outing as planned, I assume all risks inherent in my decision to leave and waive all liability against the Sierra Club arising from that decision. Likewise, if the leader has concluded the Outing, and I decide to go forward without the leader, I assume all risks inherent in my decision to go forward and waive all liability against the Sierra Club arising from that decision.
- This Agreement is intended to be as broad and inclusive as is permitted by law. If any provision or any part of any provision of this Agreement is held to be invalid or legally unenforceable for any reason, the remainder of this Agreement shall not be affected thereby and shall remain valid and fully enforceable.
- To the fullest extent allowed by law, I agree to **WAIVE, DISCHARGE CLAIMS, AND RELEASE FROM LIABILITY** the Sierra Club, its officers, directors, employees, agents, and leaders from **any and all liability** on account of, or in any way resulting from Injuries and Damages, even if caused by **negligence** of the Sierra Club its officers, directors, employees, agents, and leaders, in any way connected with this Outing. I further agree to **HOLD HARMLESS** the Sierra Club, its officers, directors, employees, agents, and leaders from any claims, damages, injuries or losses caused by my own negligence while a participant on the outing. I understand and intend that this assumption of risk and release is binding upon my heirs, executors, administrators and assigns, and includes any minors accompanying me on the Outing.
 - I have read this document in its entirety and I freely and voluntarily assume all risks of such Injuries and Damages and notwithstanding such risks, I agree to participate in the Outing.

Date:

Signature:
(legal guardian if under 18)

Name (print):