



Welcome!

Thank you for choosing a Petra Cliffs program. All Petra Cliffs staff members are working hard to offer the very best in climbing and mountain sports instruction and we look forward to helping you meet your goals.

You will receive a confirmation for your registered program. Any reservation changes or cancellations may be subject to a \$50 administration fee. If you must cancel for any reason, you will receive a full refund up to seven days before the program. After that time, we will only be able to refund 50% of your payment, or credit you for another program. If you do not show up on the day of the course, full payment will be forfeited. If Petra Cliffs must cancel the program due to lack of enrollment, conditions, or dangerous weather, we will try to re-schedule, or refund your payment in full.

You will find an equipment list, health form, waiver, questionnaire and gear rental form following this page. Please complete all forms, fax or mail/e-mail them back to us, or drop them off at Petra Cliffs as soon as possible. Please do not hesitate to call or e-mail with any questions about equipment or your program. Your guide will be in touch about any specific program details, meeting location and time.

We look forward to meeting you and sharing an outdoor adventure! We hope you have an amazing time and learn more than you expect. Again, thank you for choosing Petra Cliffs.

A gratuity to your guide at the end of a good day is always appreciated.



Petra Cliffs Mountaineering School Release of Liability / Assumption of Risk Form

Program: _____ Program Date: _____

Adventure-based activities are exciting, challenging, and physically and emotionally demanding. Our Instructors are trained to supervise these activities using the highest safety standards by both Charest Alpinism LLC veteran instructors and by accredited outside training programs.

Acknowledgment of Risk

While the guides and instructors aim to provide me with a safe and enjoyable experience, I understand that there is a certain degree of risk inherent in these adventurous activities when I participate. Furthermore, there are significant hazards involved in any adventure sport, or activity associated with the outdoors or involving physical exertion and risk-taking and the use of related equipment for the activity. Including but not limited to the following:

Land Sports such as Challenge Courses, Rock and Ice Climbing, Mountaineering, Hiking, Skiing and Snowshoeing:

Hazards include but are not limited to twisting an ankle, breaking a bone, sustaining a head or neck injury or other serious physical injury; acts of nature such as rock fall; varying weather conditions such as severe heat or cold.

Water Sports such as canoeing, Kayaking, white water rafting, and water rescue:

Hazards include but are not limited to rowing, changing water levels or current, submerged or partially exposed objects; foot entrapments; severe weather conditions such as severe heat and cold.

I will be instructed in safety practices to participate in these activities and will not be asked to participate in a manner that is unreasonable or imprudent. However, the instructor cannot guarantee absolute safety. Consequently, I must recognize and accept shared responsibility for my safety and the safety of other group members. I will ask questions if I do not understand the instructions and guidelines. I will also obey all rules and guidelines at all times.

Release of Liability, Hold Harmless and Indemnification

In consideration of the services and or equipment provided, I, for myself and any minor children for which I am a parent or legal guardian or otherwise responsible, any heirs, personal representatives, or assigns, do hereby release, indemnify and hold harmless Charest Alpinism LLC, its principles, directors, officers, agents, employees, volunteers from all liability; and waive any claim for damage arising from any cause whatsoever in any way connected to this activity.

Authorization

I hereby authorize any medical treatment deemed necessary in the event of receiving any injury while participating in the activity. I agree that any film or photographs of me/us as participants may become property of Petra Cliffs and may be used for promotional purpose.

BY SIGNING THIS RELEASE OF LIABILITY FORM, I ACKNOWLEDGE THAT I HAVE READ THIS DOCUMENT, I FULLY UNDERSTAND ITS CONTENTS, AND FREELY ACCEPT THE LIMITATIONS ON MY RIGHTS SET FORTH IN THIS RELEASE OF LIABILITY.

Signature: _____ Print Name: _____ Date: _____

Street Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Emergency Phone: _____ Emergency Contact Name: _____

Date of Birth: _____ E-mail Address: _____

TO BE READ AND SIGNED BY PARENT/LEGAL GUARDIAN OF MINORS.

I hereby state that I am the parent or legal guardian of the minor whose signature appears above. I have read, understand and freely accept the terms and provisions set forth in this release. If a minor does not have a signed release of liability form from a parent/guardian **Charest Alpinism LLC** can refuse to let that minor participate, or at its option, agree to let the minor climb, but that it does so only because the undersigned party hereby agrees to full responsibility for the safety of that minor under the terms of this release of liability.

Signature of Parent or Guardian _____ Print Name: _____ Date: _____

Petra Cliffs Mountaineering School 105 Briggs Street Burlington, VT 05401

(802) 657-3872 Toll-free: (866) 657-3872 Fax: (802) 657-3877 www.petracliffs.com

Petra Cliffs Mountaineering School Health Questionnaire

The programs that Petra Cliffs offers are, by their nature, physically demanding. Also, these programs take place in remote locations where advanced medical care is not quickly available. For our guides to conduct these programs it is essential that we be fully aware of any health issues regarding our participants. Your responses will be kept in the strictest of confidence. Please call Petra Cliffs Climbing Center at 657-3872 with any questions. **Please complete and send to:**

Petra Cliffs Mountaineering School, 105 Briggs St. Burlington VT, 05401 or FAX 802-657-3877

Name: _____ Date: _____ Age: _____

Emergency Contact Name and Phone: _____ () - _____ Relation: _____

Height: _____ Weight: _____ Doctor's Name and Phone: _____ () - _____

Do you hold health insurance?: ()no ()yes Provider: _____ ID#: _____

Are you allergic to anything?

Do you currently take any prescription or OTC medications? If yes, what are they for?

Please describe any medical conditions that limit your physical activity:

Please list the dates of your past hospital visits and the describe the associated illness/injury:

Please list any dietary restrictions:

Please describe your level of physical fitness, outlining your daily amount of exercise:

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Equipment List

Winter Programs

Dressing for winter activities can be tricky. If you dress too warmly, you sweat. If you dress too lightly, you freeze. Dressing in layers that can be quickly added or taken off is important. **Please do not wear cotton** as it loses its insulating value if it gets wet. Petra Cliffs will provide all group gear and technical equipment (boots, ice axes, crampons, harness, helmet, ropes, beacon, shovel, probe). Please feel free to ask ahead of time about the clothing layers you are choosing and how they will perform.

Day Trips

Backpack: large enough to fit extra layers, food, water, and a bit of extra room for gear

** School book bags are too small! * **May be rented**

Synthetic or wool long underwear top and bottom (base layer)

Wool or fleece sweater (insulating layer)

Breathable, waterproof jacket and pants (outer layer)

Down or synthetic parka (if you own one, this is a superb layer to put on when you are not active)

Heavy wool or fleece socks

Gloves: 2 pair is ideal: 1 pair of warm, waterproof ice/ski gloves, 1 pair of warm, waterproof mittens

Wool or fleece hat (that will fit under a helmet—no balls on top!)

Balaclava or neck warmer

Sunglasses

Lunch with extra snacks (think about food that won't freeze—pb & j, leftover pizza are classic)

Insulated water bottles (an extra wool sock is a good insulator): 2 Liters

Optional but recommended:

Thermos with a hot beverage or soup

Gaiters (should fit around entire calf and be able to fit over a plastic ice climbing boot including your pant layers) * **May be rented**

Headlamp

Camera

Hand/Foot warmers

Chocolate (and extra for your guide 😊)

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Equipment List

Summer Programs

We all know that summer in New England can mean 40 degrees in the morning shade and 80 degrees in the afternoon sun! Dressing in layers that can be quickly added or taken off is important. Please avoid wearing cotton as it loses its insulating value if it gets wet. We provide all group gear and technical equipment (harnesses, shoes, chalk, ropes). As always, if you own any gear, you are more than welcome to use that provided it is in good working condition.

Day Trips

- Day pack
- Durable shoes: sneakers or hiking boots (no flip flops or open toes)
- Synthetic layers of clothing (it can be 50 degrees in the morning & 80 in the afternoon in VT!!)
- Rain jacket and (optional) rain pants
- Sunglasses and/or sun hat
- Two 1-Liter water bottles or equivalent
- Lunch w/ extra snacks
- Personal gear if you own any (climbing harness, shoes, helmet, etc)

Over-Night Trips

- All the above (except day pack)
- Backpack (4000-6000 Cubic inches) **
- Full-length sleeping pad (closed cell foam or Therma-rest)**
- Sleeping bag**
- 2 pairs extra socks
- Camp mug/ bowl/ spoon
- Headlamp w/ extra batteries*
- Personal gear (toothbrush, etc.)
- Extra snack/ lunch food

*Can be borrowed from Petra Cliffs at no additional charge.

** Can be rented from Petra Cliffs for \$5 per day.

All items are available on a first come, first served basis. Please reserve them early!

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Program Questionnaire

Program & Date: _____

Please have **each** participant complete this form.

Name: _____

1. Have you participated in this activity before? _____ Have you had instruction? _____
Where? _____

2. How would you rate yourself? Beginner Advanced-Beginner Intermediate Advanced

Ice/Rock Climbing/Mountaineering: Please circle your highest ability & comfort level (if no experience, leave blank):

- Toproping easy to moderate terrain
- Following multi-pitch routes (circle): Rock Difficulty: _____ or Ice: Grade 1-2 Grade 3-4 Grade 5+
- Lead climbing
- Participated in mountaineering work shop
(Rope team travel, crevasse rescue, self arrest, Fix line ascending/descending)

Skiing: Please circle your highest ability & comfort level:

- Blue square terrain; wide open groomed trails with occasional bumps & open glades
- Blue-black terrain and moderately open glades & bumps
- Black diamond terrain; variable terrain and tighter glades
- Double-black terrain and moguls, tight glades, and un-groomed, possibly icy conditions

Avalanche Education: Please circle your highest ability & comfort level (leave blank if none):

- Avalanche Awareness
- Level I course
- Level II Course
- Certified Level III

If circled any above please indicate where you received your training and through what organization
_____.

3. What would you like to accomplish today (goals)?

Notes: (list favorite ski descents, climbing routes, or other information we should know about you!)

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Gear Rental Form

Please return with health form & waivers!

All gear for private and open-enrollment programs is included with the program price, with the exception of Demo Skis (\$40 rental/day). Please fill out the form below for any gear you will need during your program. If you have your own gear, please make a note of that. If you are unsure about what gear is appropriate for your program, please contact Petra Cliffs Climbing Center or your guide.

Rock & Ice Climbing, Mountaineering

If requesting multiples for a group please write total number below

Harness: Size (XS-M, M-XL) or list waist size: _____

Helmet: (XS-M , M-L): _____

Rock Climbing Shoes: _____ **Estimated size:** _____

Ice axes: _____

Mountain Boots: _____ **Estimated size:** _____

Crampons: _____

Please list any gear that you own: _____

Any other gear requests? _____

Backcountry Skiing/Ski Mountaineering

If requesting multiples for a group please write total number below

Demo Skis: _____, requested ski length _____

Skins: _____ **Ski width:** _____ **Ski Length:** _____

Beacon: _____ **Shovel:** _____ **Probe:** _____

Mammut Snowdrift Ski Pack: Total number: _____

Please list any gear that you own: _____

Any other gear requests? _____