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**SMUGGS
ICE BASH**
SMUGGLER'S NOTCH, VT

Smuggs Ice Bash Welcome Packet



Welcome,

Thank you for taking part in the 8th Annual Smugglers Notch Ice Bash, a Petra Cliffs program. All of the Petra Cliffs staff are working hard to offer the very best in climbing and mountain sports instruction and look forward to helping you meet your goals.

Included is paperwork specific to the 8th Annual Ice Bash. Please complete the required documents and return to Petra Cliffs. These are the *Release of Liability* and the *Health Questionnaire* forms.

Please circle the clinic/s you are registered for:

Saturday, Jan. 25th
Free Women's Ice Climbing
Introduction to Ice Climbing
Smuggs Alpine Climbing
Efficient Climbing Technique
Crevasse Rescue Skills
Learn to Lead: 2-Day
Private Guide

Sunday, Jan. 26th
Women's Ice Climbing
Introduction to Ice Climbing
Smuggs Alpine Climbing
Skill Building: Dbl. Rope Technique
Intro to Mixed Climbing
Learn to Lead: 2-Day
Private Guide

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 fourteen 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 and a waiver enclosed. 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. We look forward to meeting you and sharing an outdoor adventure! We hope you have an amazing time and learn more than you ever expected. 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 105 Briggs Street Burlington, VT 05401
(802) 657-3872 Toll-free: (866) 657-3872 Fax: (802) 657-3877 www.petracliffs.com



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Mountaineering School Liability / Assumption of Risk Form



Program: _____ Date: _____

**Please complete form and send to:
Petra Cliffs Mountaineering School, 105 Briggs St. Burlington VT, 05401 or FAX 802-657-3877**

Adventure-based activities are exciting, challenging, and physically and emotionally demanding. Our Instructors are trained to supervise these activities in a safe manner by both Charest Alpinism LLC veteran instructors and by accredited outside training programs.

Acknowledgment of Risk

While the staff and student leaders aim to provide you with a safe and enjoyable experience, you must realize that there is a certain degree of risk inherent in these adventurous activities when you 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, fishing, 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 safe 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

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 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 become your property 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: _____ E-mail: _____

Emergency Phone: _____ Emergency Contact Name: _____

Date of Birth: _____

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 climb, or at its option, agree to let the minor climb, but that it does so only because the undersigned party hereby agree to full responsibility for the safety of that minor under the terms of this release of liability.

Signature of Parent/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



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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 us to safely 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 form and send to:
Petra Cliffs Mountaineering School, 105 Briggs St. Burlington VT, 05401 or FAX 802-657-3877**

Name: _____ Date: _____ Age: _____
 Emergency Contact: _____ Phone: _____ Relation: _____
 Height: _____ Weight: _____
 Doctor's Name and Phone: _____ ph:() _____ - _____
 Do you hold health Insurance? () No () Yes
 Provider: _____ ID#: _____

Are you allergic to anything? () No () Yes

Do you currently take any prescriptions or over the counter (OTC) medications? () No () Yes
 If yes, what medication and what are they for?

Please describe any medical conditions that limit your physical activity:

Please list the dates of your past hospital visits and please 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



We encourage you to take advantage of the gear demos from all our great sponsors

Dressing for winter activities can be tricky. If you dress too warm, you sweat. If you dress too light, 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 is able provide all group gear and technical equipment (boots, ice axes, crampons, harness, helmet, ropes). 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 highly recommended:

Thermos with a hot beverage

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)