



Smuggs Ice Bash Welcome Packet



Welcome,

Thank you for taking part in the 10th 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 10th Annual Smuggs 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 January, 23th	Sunday January, 24th
Women's Ice Climbing	Women's Ice II
Intro to Ice Climbing	Intro to Ice Climbing
Intro to Mixed Climbing	Intro Mixed Climbing
Steep Ice Technique	Steep Ice Technique
Climb Hard and Fast	Thin Ice Technique
Climb a Smuggs Classic	Climb a Smuggs Classic
Smuggs Alpine Climbing	Smuggs Alpine Climbing
Principles of Ski Mountaineering	Principles of Ski Mountaineering
2-Day Learn to Lead	2-Day Learn to Lead
Private Guide	Private Guide

Any reservation cancellations made after 10 days are subject to full forfeit of payment. Changes into a different clinic are always possible, but subject to availability in clinic. If you must cancel for any reason, you will receive a full refund up to ten days before the program. Please email info@petracliffs.com, or call (802) 657-3872 to cancel or change your reservation. 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.

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 Fax: (802) 657-3877 www.petracliffs.com



Schedule of Events



Friday, January 22nd, 2016:

Kick-off Party and Drytool Competition - Event begins @ 6pm
@ Petra Cliffs Climbing Center
105 Briggs St., Burlington VT 05401
802-657-3872

Saturday, January 23rd:

8 -10:30am - Vendor demos & clinics meeting at Smugglers Notch Resort
~~~~Participants arrive after 8am; gear due back by 5pm~~~~

After party, presentations by Nick Bullock and Nick Yardley and Raffle  
~6:00pm—Venue: Smugglers Notch Resort \$5 entry (cash only)

### **Sunday, January 24th:**

8 -10:30am - Vendor demos & clinics meeting at Smugglers Notch Resort  
~~~~Participants arrive after 8am; gear due back by 5pm~~~~

Participants able to receive/have available to them:

- Excellent instruction and guidance from skilled guides and instructors.
- Opportunity to demo some of the best winter climbing equipment from top brands in the industry!
- Experience an overwhelming level of support among peers
- Schwag from Vendors and Smuggs Ice Bash; details to come!



Petra Cliffs Mountaineering School Release of 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 REALEASE 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 herby 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: _____

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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 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:



Recommended 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 to 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 ☺)

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

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