



## Dear Trek Alaska Adventurer

Thank you for booking a trip with Trek Alaska. The following information is designed to help you prepare for your adventure. It contains the following important information: exclusions and terms, adventure information sheet, liability release and acknowledgment of risk, and the mandatory gear list. Please be sure to read it all thoroughly!

### **Physical conditioning and consistent exercise prior to your trip is essential!**

This trip will be an active vacation. Depending on your trip, you will be packing/unpacking gear, hiking, negotiating river crossings, crossing glaciers, and/or climbing mountains. If you are not in good physical shape, these activities can be extremely challenging.

Additionally, you may be required to share a tent with a fellow participant. We carry expedition quality two and three-person tents and have found this system to be the lightest way to travel the backcountry in comfort. If you have a problem sharing a tent, please call us to make other arrangements.

**PLEASE NOTE:** To secure your spot on a trip, you must **send a deposit** in the amount of 50% of the cost of your trip. Also return the following forms. Send a check, money order or cashiers check payable to Trek Alaska:

Attn: Greg Fensterman  
Trek Alaska  
Box MXY, #46-B  
Glennallen, AK 99588

We can also accept credit card payments by phone.

These forms must be completed, signed and returned to Trek Alaska no later than 60 days prior to your departure date. Please keep a copy for your records.

We are available to answer any questions you may have. Please do not hesitate to give us a call. Thanks again for choosing Trek Alaska as your guide to Wrangell St. Elias National Park. We are looking forward to helping you prepare for your adventure, and are even more excited to show you this special part of Alaska!

Sincerely,

Greg Fensterman,  
Owner

# Trek Alaska: Adventure Information Sheet

Please read the following carefully:

ARE YOU READY FOR A TREK ALASKA ADVENTURE?

## 1. Good physical shape is essential for reducing risk of injury and maximizing enjoyment of the trip.

Ask yourself these important questions:

- Am I prepared for Alaska wilderness/mountain 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?

Consider, for example, heart condition, obesity, and physical limitations due to preexisting injuries.

## 2. A Positive attitude and flexibility are essential to fully enjoy your experience.

Along with moments of joy and complete awe, you will be wet, cold, tired, hot and unfortunately uncomfortable. You will be part of the entire experience. You will load your pack and carry it over miles of rugged, trail-less terrain, cross glaciers and icy glacial rivers and streams, climb at high altitudes, and set up and break down camp -- all of this at the mercy of unpredictable and sometimes difficult weather. Those who do not think they have the fortitude to endure these activities should reconsider their decision. Those who consider themselves ready, both physically and mentally, and look forward to the challenges that are part of the Alaska experience and which add to its beauty and mystery, will enjoy spending time with **Trek Alaska** and their guests.

Please complete this form and return it no later than 60 days prior to your trip departure. Each member of your party must complete this form. Thank you.

Name \_\_\_\_\_ Trip Date \_\_\_\_\_  
Address \_\_\_\_\_ Trek Name \_\_\_\_\_  
City/State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Phone (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_  
Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ Gender: Male \_\_\_ Female \_\_\_  
Height \_\_\_\_\_ Weight \_\_\_\_\_ Shoe Size \_\_\_\_\_

### How did you hear about us?

Word of Mouth \_\_\_\_\_  Previous Trip  Park Service  Facebook  
 Magazine \_\_\_\_\_  Web Site \_\_\_\_\_  Web Search  
 book (Hiking Alaska's Wrangell-St. Elias N.P.)  
 Other \_\_\_\_\_

### Please notify in case of emergency:

Name \_\_\_\_\_ Relationship \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_  
City/State \_\_\_\_\_ Zip Code \_\_\_\_\_

## What is your previous experience?

(Most of our trips do not require any previous experience. The following information is simply to inform us of your ability level so that we can make you Trek Alaska Adventure as enjoyable as possible.)

1.. Can you swim?  Yes  No      Novice Backpacker?  Yes  No

### 2. Backpacking interest and previous experience.

What is your prior backpacking experience?     Lots     Moderate     Insignificant/None

How much off-trail hiking have you done?     Lots     Moderate     Insignificant/None

Please briefly describe your previous experience (Include miles covered and days out)

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### 3. Please describe your level of physical conditioning and exercise program.

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## Are you physically and mentally prepared?

### 1. Do you have any of the following conditions?

- |  | Yes                      | No                       |
|--|--------------------------|--------------------------|
| • History of heat/cold related illness   | <input type="checkbox"/> | <input type="checkbox"/> |
| • Muscle or joint problems               | <input type="checkbox"/> | <input type="checkbox"/> |
| • Communicable disease                   | <input type="checkbox"/> | <input type="checkbox"/> |
| • Cardiovascular disease                 | <input type="checkbox"/> | <input type="checkbox"/> |
| • Asthma (or other respiratory problems) | <input type="checkbox"/> | <input type="checkbox"/> |
| • Diabetes                               | <input type="checkbox"/> | <input type="checkbox"/> |
| • Hypoglycemia                           | <input type="checkbox"/> | <input type="checkbox"/> |

Other \_\_\_\_\_

2. If you answered "Yes" to any of the above questions, please describe in detail the nature and circumstances of your condition.

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3. Please list any and all serious injuries you have sustained in the past, and the circumstances surrounding the injuries.

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4. List any allergies and explain the severity of those allergies

Food allergies \_\_\_\_\_

Medication allergies \_\_\_\_\_

Other allergies \_\_\_\_\_

5. List any over the counter medications you routinely take and for what purpose.

\_\_\_\_\_

6. List any prescription medications you are currently taking, the dosage, and the condition for which you are taking it.

\_\_\_\_\_

7. Have you experienced a significant reaction to insect stings? If yes, what insect(s) and what was the reaction?

\_\_\_\_\_

> If so, you must bring your own Ana-kit or EpiPen kit, plus a spare.

8. Describe any dietary restrictions (i.e. food allergies, etc.) If vegetarian, please specify type of protein you eat.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

We can usually make substitutions to meet your needs but if you have severe restrictions on what you can eat please contact us to discuss your concerns.

**Preferred morning beverage:**     Coffee     Tea     Cocoa

# Trek Alaska: Release of Liability and Acknowledgment of Risk

**Trek Alaska**, their employees, affiliates, officers, directors, successors, agents, and assigns (hereinafter collectively referred to as "**Trek Alaska**") does not own or operate any entity which is to, or does, provide transportation or lodging facilities, for example air taxis, inns, lodges, and hotels/motels. As a result, Trek Alaska is not liable for any acts, negligent or willful, or failure to act of any such person, entity or any other entity.

**Trek Alaska** will take all reasonable steps to provide you with appropriate safe equipment and skilled guides so you can enjoy the activities of your selected trip. These activities, however, have inherent risks. We do not want to frighten you or reduce your enthusiasm for these activities, but it is important for you to know in advance what to expect and to be informed of the potential risks. The following are some, but not all of these risks: drowning or prolonged exposure to cold water; being struck by, or falling against, a rock or sharp object while climbing or hiking in wilderness terrain where there are no trails and sometimes considerable exposure; slipping on wet surfaces and falling against, or being thrown against, hard objects in a river or tributary; exposure to intense cold, heat, sun, snow, rain, fog and wind; contact with poisonous insects and wild animals; negative reaction from air or waterborne bacteria or virus; prolonged delay in ability to obtain advanced life support (evacuation to medical facilities could take 24 hours or longer); natural disasters such as rock falls, ice falls, crevasse falls, and flash floods. Some of the hazards on glacier hikes include slipping on ice or moraine, falling into a crevasse or hole in the ice. These are just a few of the potential risks. It is impossible to anticipate or list all possible risks. I realize that there may be other risks and hazards encountered that are not specifically listed here.

## In consideration of the services of Trek Alaska, I agree as follows:

I am aware that hiking, backpacking, glacier hikes or off-trail scrambling entails risks of injury or death to myself and/or others. I understand that the description of the above-list of risks is not complete, and that other unknown or unanticipated risks may be encountered that could result in injury or death. I agree to assume responsibility for the risks identified in this document and for those risks **not specifically identified**. My participation in the **Trek Alaska** trip is purely voluntary; no one is forcing me to participate. I am voluntarily participating in this trip with knowledge of the numerous risks and dangers involved including, but not limited to, those listed above.

I possess the following qualifications, which I understand are prerequisites to participation in this activity: All minors accompanying me are 10 years old or older; I have informed **Trek Alaska** in writing of all preexisting 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 Trek Alaska trip I have selected without endangering myself or others; and I agree to follow all verbal and written rules and warnings of safety presented to me by **Trek Alaska**.

I agree that if I become ill or injured while on a Trek Alaska trip, that I am responsible for any and all expenses that may result from an evacuation from the backcountry, including but not limited to helicopter or airplane extraction and air transfer to a medical facility. I understand that the decision regarding the necessity of an emergency evacuation will be made by the guide.

I HAVE READ, UNDERSTOOD AND ACCEPT THE TERMS AND CONDITIONS STATED HEREIN. I HEREBY AGREE TO BE RESPONSIBLE FOR MY OWN WELFARE AND ACCEPT ANY AND ALL RISKS OF UNANTICIPATED EVENTS, INCONVENIENCE, ILLNESS, INJURY, EMOTIONAL TRAUMA OR DEATH.

I acknowledge that the cost of all **Trek Alaska** trips is based upon trip participants executing this Release of Liability and Acknowledgment of Risks. Therefore, as lawful consideration for being permitted to participate on such trip(s), I hereby RELEASE AND DISCHARGE FOREVER TREK ALASKA FROM AND AGAINST ANY AND ALL LIABILITY ARISING FROM MY PARTICIPATION IN THE TRIP. 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 Trek Alaska from any and all liabilities.

I agree that any dispute concerning, relating, or referring to this contract, catalogs, or any other literature concerning my trip, or the trip itself shall be GOVERNED BY ALASKA LAW and the COURTS OF THE STATE OF ALASKA SHALL HAVE EXCLUSIVE JURISDICTION.

**I/WE HAVE CAREFULLY READ THIS AGREEMENT, UNDERSTAND ITS CONTENTS, AND SIGN IT WITH FULL KNOWLEDGE OF ITS SIGNIFICANCE.**

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

Print Name \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Of Parent or Legal Guardian if a minor)

Print Name \_\_\_\_\_ Date \_\_\_\_\_

# Trek Alaska: Exclusions and Terms

The price of your Trek Alaska Adventure includes your roundtrip air taxi bush flight from McCarthy to our wilderness drop off location, local van transportation in McCarthy necessary for each trip, all food during the trip, all group gear (tents, stoves, cook ware, aircraft radio, GPS, maps, compass, medical kits, and all instruction.

You will be responsible for your lodging and meals in McCarthy before and after your trip, unless otherwise arrange with Trek Alaska.

If you as the participant require a rescue, leave or are required to leave the trip before completion, or cannot depart a location as scheduled you will be responsible for any expenses incurred. Trek Alaska is not responsible for unexpected expenses for which it has no control.

## Deposits

A deposit of 50% of the total cost per person is required to reserve a trip with Trek Alaska. The remaining balance will be due 90 days prior to the start of the trek. Reservations made within 90 days of the trip's starting date require payment in full.

## Cancellation

If the participant cancels a reservation more than 120 days prior to the start of the trip, a 100% refund will be made, minus a \$300 administrative fee.

If the participant cancels a reservation less than 120 days but more then 60 days prior to the starting date, there will be a refund of 50% of the amount paid. If cancellation is less than 60 days before the trip starting date, there will be **no** refund. There will be no exceptions regardless of the reason for such a cancellation.

If the participant is unable to arrive in McCarthy in time to join the trip due to flight delays, flight cancellations or any other reason, there will be no refund. The participant is solely responsible for ontime arrival in McCarthy.

## Trek Alaska recommends travel and trip cancellation insurance available from a travel agent or online.

Trek Alaska reserves the right to cancel or change the itinerary or route of an expedition. In the event that a trip is cancelled or rescheduled by Trek Alaska and you are unable to participate, the total balance will be refunded. Trek Alaska is not responsible for any other costs associated with cancellation or schedule change.

I understand that Trek Alaska reserves the right to deny a person participation before or during any expedition if we find that person to be mentally or physically unprepared. During an expedition, Trek Alaska reserves the right to require a person to leave at his/her expense, if it is determined that s/he is unfit to continue. 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 understand that a change of itinerary upon arrival in McCarthy may be necessary due to weather or other unforeseen circumstances.

I understand that Trek Alaska reserves the right to take photographic, film or video records of any of its trips and hereby agree that Trek Alaska may use any such photographic or film records that include my image for promotional and/or commercial purposes, as well as approve such use by third parties with whom Trek Alaska may engage in joint marketing, without any remuneration to me. I hereby assign all right, title and interest I may have in or to any and all media in which my name or likeness might be used by Trek Alaska.

I HAVE READ, UNDERSTAND, AND ACCEPT THE TERMS AND CONDITIONS STATED ABOVE AND ACKNOWLEDGE THAT THIS AGREEMENT SHALL BE EFFECTIVE AND BINDING UPON ME PERSONALLY, ALL MEMBERS OF MY FAMILY AND ALL MINORS TRAVELING WITH ME, MY AND THEIR HEIRS, SUCCESSORS, ASSIGNS, AND LEGAL REPRESENTATIVES.

Participants Signature \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Legal Guardian if under 18 \_\_\_\_\_ Date: \_\_\_\_\_