Backpacking like all recreation activities is hazardous. You will be traveling outdoors, where you will be subject to numerous risks-environmental and other risks.

- Environmental Risks include: rapidly moving, deep or cold water, flash floods, mud slides, insects, predators, snakes and other animals; falling or rolling rock, lightning, high winds, hail, avalanches, and unpredictable forces of nature including weather that may change to extreme conditions without notice. Additional risks include allergic reactions, psychological distress, hypothermia, hyperthermia, sunburn, heatstroke, dehydration, and other mild or serious conditions. Exposure to the natural elements can be uncomfortable or harmful.

- You will be traveling by foot with weight on your back. Travel may be rugged, unpredictable and travel may include: boulder fields, downed timber, river crossings, high mountain passes, snow and ice, steep slopes, rock fall, tree wells, fallen trees and tree stumps, cliffs, cornices and slippery rocks. Risks include collisions/falling, drowning, getting lost, acute mountain sickness, high altitude sickness and others associated with such travel.

- This backpacking trip requires physical exertion as well as emotional and mental stability. You will be primarily responsible for your own rescues. Rescues may not be available or may take considerable time to evacuate due to the inherent nature of the activity. You may become lost or separated from others in the group: communication may be difficult.

- Horseplay, carelessness, poor technique, poor conditioning and violating the rules are all risks associated with this backpacking trip.

- Accidents can occur while traveling to and from the activity site. You will be traveling in 12 to 15 passenger vans.

- Athletic injuries are also a risk associated with a backpacking trip. Backpacking accidents may result in scrape, abrasions, sprains, broken bones, torn muscles or ligaments, head, neck or spinal injuries or death.

- Risks also include decision making and conduct, including the risk that a course leader, co-leader or other participant may misjudge someone’s capabilities or misjudge weather, terrain, water level, or route location etc.

- You will be cooking with stoves which will get extremely hot. You may be burned by the stove or by what you are trying to heat up if the pot you are cooking in is knocked over or spilled.

- Water may require treatment; untreated or improperly treated water can cause illness. Camping hazards may include burns, cuts, diarrhea and flu-like illness.

- You will be traveling on a heavily used trail and it is possible that you could collide with other hikers, bikers etc. as you travel.

**NOTE:** This list is not an exclusive or exhaustive list of all possible injuries, trauma or accidents that may occur while Backpacking. The undersigned hereby acknowledges and agrees that there are inherent risks associated with this Activity that cannot be eliminated regardless of the care taken to avoid injury or loss.