



**SIERRA
CLUB**
FOUNDED 1892

The Dallas Sierra Club invites you to backpack at

Buffalo National River

October 28 – November 1, 2015

Trip Coordinator, Bill Beach

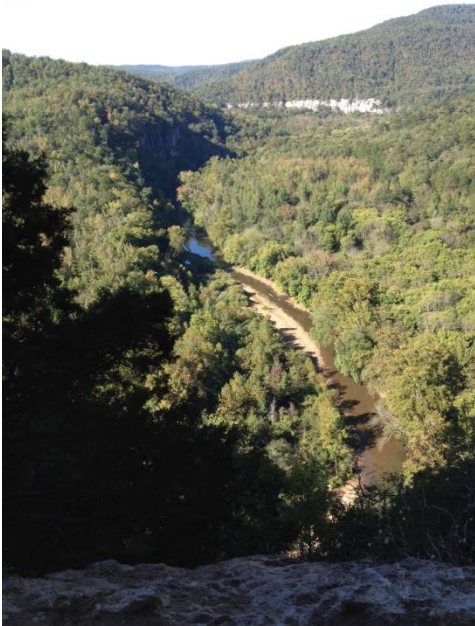
bbeach45@sbcglobal.net, 214.662.3224

Where: The Buffalo River rises in the Boston Mountains of northwest Arkansas, highest part of the Ozark Plateau. It flows 150 miles before joining the White River. The lower 135 miles were designated by Congress as the Buffalo National River in 1972, leading to acquisition of land by the National Park Service. Our selected trails are within Newton County.

The area: The upper reaches of the Buffalo attract whitewater canoeists in wet spring months. By late summer and fall, water levels at trail crossings typically fall to a few inches and can be easily forded unless there's been a recent downpour. Historically,



the "Old River Trail" that still crisscrosses the river was the main route linking the people of the Buffalo Valley. High limestone bluffs scoured by the river line the Buffalo through much of its length. The trails are generally above the bluffs, but occasionally near river itself. Perpendicular to the river are hollows cut by creeks. These hollows add the variety of up-and-down dimensions to a hike along the Buffalo River Trail.



The National Park Service tries to preserve not only the natural beauty but also some of the human history of this hardscrabble valley. Farmsteads, cabins and cemeteries punctuate the trails, adding considerable interest. The only elk herd in Arkansas grazes here, most often in the Boxley Valley. A few families continue to operate farms on arable land within the park boundary in accord with scenic easements.

Transportation: For optimal time on the trails, we've chartered a sleeper bus and professional driver from Red Carpet Charters. The bus will depart from the Walmart parking lot, northwest quadrant of LBJ

Freeway (IH 635) at Midway Road, behind the La-Z-Boy store at 9:00 PM on Wednesday, October 28. Arrive by 8:30 PM to load your gear. Leave a car at Walmart if you wish. Neither the Sierra Club nor Wal-Mart assumes responsibility for your car or its contents, but Walmart is open 24 hours, the lot is lighted and we have never experienced a problem with parked vehicles. Soon after departure, we'll stop to convert the seats to bunks for travel to Harrison, Arkansas for breakfast around 6:00 AM before continuing to our trailheads. The same bus will collect us at various trailheads by Sunday noon, take us to late lunch in Springdale, Arkansas and deliver us to the Walmart on Midway Road by 9:30 Sunday night, November 1. Use your sleeping bag or a blanket on the bus while you sleep. You can store bedding in a dedicated compartment beneath the bus until the conversion stop. Bring a sleep mask, earplugs and/or medication to help you sleep if you wish.

The trip costs \$240 per person if your check and forms are received by Saturday, October 10. This price includes transportation to and from trailheads, leadership by trained and experienced Sierra Club volunteers (who pay the same price as others) and beverages on the bus. Registration received after October 10 is \$280. We set the trip price for break-even with 28 participants. Any excess receipts will benefit Dallas Sierra Club programs. Make your check or money order payable to "Dallas Sierra Club" and mail it with the signed liability waiver, medical information form and preference form to Bill Beach, 5226 Vanderbilt Ave., Dallas, TX 75206. Bring cash for breakfast on the outbound trip and lunch on the return.

Cancellation: Fees, less \$40, are refundable through October 10, after which date there will be no refunds unless the Sierra Club cancels the trip due to insufficient registrations for break-even. In that event, the Club will refund all fees not previously canceled. Notify the Trip Coordinator if you must cancel. Refunds will not include airfares or other payments you have incurred that are a consequence of a trip cancellation.

Travel insurance: We encourage you to purchase insurance to cover non-refundable expenses in the event you or the Dallas Sierra Club cancels a trip, also medical and evacuation expenses incurred on a trip. The Sierra Club has made arrangements with USI Travel Insurance Services for you to purchase a comprehensive travel insurance plan. [Click here](#) for details. Contact USI Travel Insurance Services if you have questions about policy options or coverages. Dallas Sierra Club is not equipped to answer questions about travel insurance. Other travel insurance companies are available.



Buffalo River ford at Horseshoe Bend,
October, 2014

Four hike options: For this outing, we're offering four backpacking trip itineraries. Select your first and second preferences when you register. The trip itineraries with low numbers will be more suitable for beginner backpackers than trips with higher numbers. Trip preferences will be honored in the order registrations are received, although acceptances to the bus trip are complete only after the Trip Coordinator and the leader of the requested trip have reviewed your medical history and outing experience and determined that a trip appears appropriate for you. We want to guide you to a trip option likely to prove suitable and fun for you.

Altitude in all Arkansas doesn't exceed, 2,753 feet above sea level, so the altitude sickness that some people experience at high elevations should not be an issue. Daily miles and daily climbs are indicators of an itinerary's difficulty.

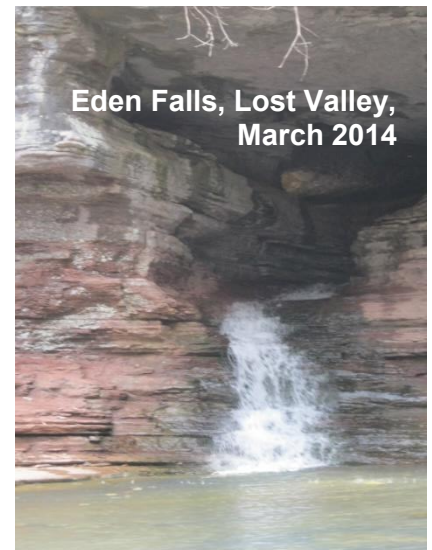
Note that each trip starts and ends at two different trailheads. Buffalo River geography favors linear routes, not loops. Our menu of route options and our use of a bus allows linear hikes that are neither in-and-out nor do they require time-consuming car shuttles.

Hikes 1, 2 and 3 will each ford the Buffalo River at least twice. Water depth may be a few inches or it could be knee high. Water shoes (Crocs or similar) are recommended, as are trek poles or a walking stick (possibly found in the woods) for balance. If water levels are unexpectedly and unreasonably high (thigh level), we will modify routes. Trip 4 may cross shallow creeks in hollows.

"Day 1" in the trip descriptions that follow means Thursday, Oct. 29, the first day of hiking.

Trip 1: Boxley to Ponca with day hike to Lost Valley (Easy/Moderate)

Trip 1 hikes the west end of the Buffalo River Trail from Boxley to Ponca plus a day hike to Lost Valley. From Highway 43 west of Ponca, you might see the Park's elk herd grazing in the Boxley meadows. Disembark near the Whiteley Cemetery and explore the area, then cross Smith Creek, turn left and follow the BRT around a field and eventually uphill. You'll see Cave Mountain and the Boxley Baptist Church across the Buffalo River. The trail joins gravel Walker Mountain Road for a short way, then heads left and down to Arrington Creek, your first camp. Continue north on Day 2 through sandstone boulders tumbled from uphill. Climb a natural limestone stair to a bench formation you'll follow north for 1.5 miles. Look for remains of a solar house built by two women around 1970 (since abandoned), a sturdy rock wall running up a steep hillside, a camp used by volunteer trail builders in 1993-94 and an abandoned limestone quarry. Not far after a view of a Boxley Valley farm owned by Villines descendants (with scenic easement held by the NPS), you'll make a two-night camp near Dry Creek, respecting the signs indicating private land. Day 3 features a hike to Lost Valley and back. Ford the Buffalo



Eden Falls, Lost Valley,
March 2014

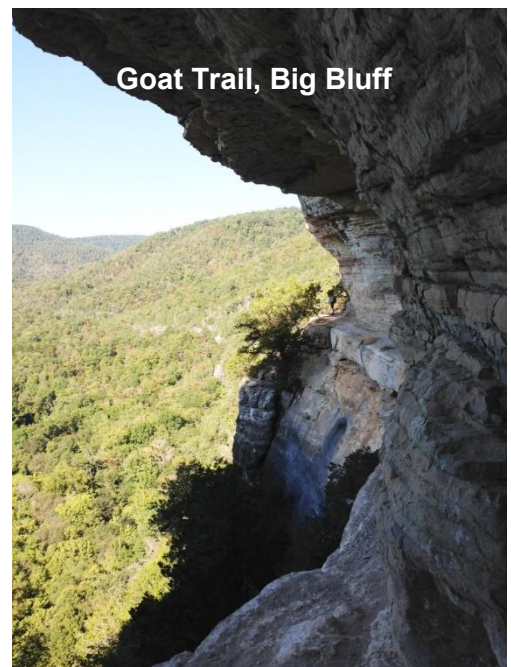
River on dirt/gravel County Road 164, jog north on Highway 43 and follow the side roads to Beechwoods Church and Cemetery, Cob Cave, Eden Falls and Eden Falls Cave. Bring a headlamp if you want to crawl a short way into Eden Falls Cave to hear, see and perhaps feel the spray of the falls. Return to your camp on Dry Creek. Day 4 is a hike past two sinkholes to the Villines farmstead. Cross the Ponca low-water bridge (built in 1941 by the WPA), jammed on spring weekends with canoes putting into the Buffalo. Tote your packs north on Highway 43 to the Buffalo Outdoor Center, where you can buy snacks and await pickup by the bus.

Leader: Bill Beach, 214.662.3224. [Send email.](#)

Day	Miles			Camp	Daily Climb w/o Day Hikes	Daily Climb w Day Hikes	Comment
	Back-pack	Day Hike	Total				
Starting trailhead: Boxley							
1	3.6	0.3	3.6	Arrington Creek	500'	500'	Explore trailhead vicinity before fording creek
2	4.8	0.0	4.8	Running Creek	600'	600'	
3	0.0	5.0	5.0	Running Creek	'	700'	Day hike to Lost Valley. Ford Buffalo R. near Dry Creek
4	3.6	0.0	3.6		500'	500'	Cross Ponca low-water bridge, snacks available at Buffalo Outdoors Elk Education Center
Total	12.0	5.3	17.3		1,600'	2,300'	
Ending trailhead: Buffalo Outdoor Center, Ponca							

Trip 2: Centerpoint to Kyles Landing, with day hikes to Goat Trail and Hemmed-in-Hollow (Moderate)

From the Centerpoint Trailhead, the trail drops 1,200 feet before reaching the Buffalo River and a campsite on Horseshoe Bend. On the way, hikers may drop packs for a spur hike on the Goat Trail, a limestone ledge beneath 200 feet of Big Bluff. Look down 340 feet to the river and Old River Trail and out to a panoramic view. Continue east on the Centerpoint Trail past traces of cabins and the Centerpoint School. Ford the Buffalo near the Suck Hole for a two-night camp at Horseshoe Bend. Day 2 is for hiking to Hemmed-in-Hollow, across another ford of the Buffalo. At the head of the hollow is Hemmed-in-Hollow Falls, a 204-foot plunge, highest between the Appalachians and the Rockies. Its watershed is tiny, so it may only drip if autumn days have been dry. Other destinations for the day are Sneeds Creek, Flat Rock and the Granny Henderson cabin. Day 3 begins with a climb up switchbacks to Slatey Place, thence east and downhill via the Buffalo River Trail to Indian Creek. Time and energy permitting, we can day hike partway up Indian Creek and back. This is the most rugged and scenic canyon in the Ozarks. Camp could be at Indian Creek or Kyles Landing. Pack out on the morning of Day 4 to a pick-up on Highway 14, via the BRT and a gravel road. **Leader: Mark Stein, 214.526.3733. [Send email.](#)**



Day	Miles			Camp	Daily Climb w/o Day Hikes	Daily Climb w Day Hikes	Comment
	Back-pack	Day Hike	Total				
Starting trailhead: Centerpoint							
1	4.3	1.0	5.3	Horseshoe Bend	100'	300'	Side hike to Big Bluff via Goat Trail. Ford Buffalo River.
2	0.0	4.0	4.0	Horseshoe Bend	0'	700'	Ford river to hike to Hemmed-in-Hollow Falls and Henderson Cabin
3	4.4	3.0	7.4	Kyles Landing	1,100'	1,100'	Hike up Indian Creek (optional to 4.4 mi. RT)
4	2.9	0.0	2.9		1,200'	1,200'	By trail and road
Total	11.6	8.0	19.6		2,400'	3,300'	
Ending trailhead: Mount Sherman							

Trip 3: Pruitt to Kyles Landing, with a day to explore historic Erbie (Moderate to Moderately Strenuous)

Trip 3 follows the Buffalo River Trail from the Pruitt Trailhead to Erbie Campground, generally close enough to the river for good views, passing the Ozark Campground, Cedar Glade picnic area and Adair Cemetery. Make camp for two nights at or near Erbie Campground. On Day 2, hike to the Parker-Hickman farmstead. The Parker-Hickman cabin is the oldest known structure in the Park (1847). Ford the river on a gravel road to explore sights of the historic Erbie community. Follow the Goat Bluff Trail to the Farmer farmstead, then recross the river at another ford to the Cherry Grove Cemetery before returning to camp. Continue upriver on the BRT the next day to Kyles Landing to make camp. An afternoon option is exploration of the Indian Creek canyon, one of the most scenic areas in the park. Pack out to Highway 14 and your bus pick-up the next morning. **Leader: Mark Adams, 940.231.8482. [Send email.](#)**



Day	Miles			Camp	Daily Climb w/o Day Hikes	Daily Climb w Day Hikes	Comment
	Back-pack	Day Hike	Total				
Starting trailhead: Pruitt							
1	8.7	0.0	8.7	Erbie Camp	700'	700'	
2	0.0	5.0	5.0	Erbie Camp	0'	300'	Ford Buffalo R. at CR 79 for day hike to Jones Farmstead and Farmer Farmstead; ford again, continue loop to Cherry Grove Cemetery and Parker-Hickman Farmstead.
3	7.1	0.0	7.1	Kyles Landing	1,100'	1,100'	Optional afternoon day hike up Indian Creek (up to 4.4 mi. RT)
4	2.9	0.0	2.9		1,200'	1,200'	By trail and road
Total	18.7	5.0	23.7		3,000'	3,300'	
Ending trailhead: Mount Sherman							

Trip 4: Pruitt to Ponca (Moderately Strenuous)

This itinerary follows 27 miles of the Buffalo River Trail from Pruitt to Ponca, sometimes by the south bank of the river, sometimes high above the bank. It begins early in the day at the Pruitt Trailhead and ends Day 1 near the Parker-Hickman farmstead. The side hollows in this first segment of the BRT require less ascent and descent than the hollows on subsequent days. Continuing west on Day 2, the trail passes meadows the Park Service periodically clears of woody plants to maintain the appearance of historic farms and to provide elk habitat, then passes historic Cherry Grove Cemetery. The route passes around Boy Scout Camp



Orr and near Kyles Landing Campground to Indian Creek. Time permitting, explore the boulders and falls up Indian Creek, one of the most scenic areas in the Buffalo Valley. On Day 3, power up and down the BRT to a camp of your choice shortly after crossing Steel Creek or in the Steel Creek Campground. Pack out on Day 4 to the Ponca low-water bridge and walk a short distance north on Highway 43 to the Buffalo Outdoor Center,

where you can buy snacks while awaiting your bus pick-up. **Leaders: Justin Taliaferro, 214.534.6606 and Mike Pfoser, 214.518.8056. [Send emails.](#)**

Day	Miles			Camp	Daily Climb w/o Day Hikes	Daily Climb w Day Hikes	Comment
	Back-pack	Day Hike	Total				
Starting trailhead: Pruitt							
1	9.7	0.0	9.7	near Parker-Hickman Farmstead	800'	800'	
2	6.6	3.2	9.8	Indian Creek	1,200'	1,500'	Afternoon day hike up Indian Creek (optional)
3	8.6	0.0	8.6	Steel Creek	1,700'	1,700'	Alternative campsite 1 mi. shy of Steel Creek CG, 0.2 mi. after crossing Steel Creek
4	2.5	0.0	2.5		300'	300'	Cross Ponca low-water bridge, snacks available at Buffalo Outdoors Elk Education Center
Total	27.4	3.2	30.6		4,000'	4,300'	
Ending trailhead: Buffalo Outdoor Center, Ponca							

Experience and Conditioning: You and your trip leader should be confident of your ability to complete a four-day, three-night hike. Contact the trip coordinator or one of the trip leaders if you have a question about your readiness.

Gear: Each person is responsible for bringing his or her own equipment and food. Arranging to share with a friend is fine. Contact trip leaders before departure if you'd like advice about gear. If your loaded pack weighs more than 25 to 30 pounds before water, you should probably lighten your load.

Basic Equipment: Tent and ground cloth. Sleeping bag rated to 30 degrees. Ground pad to insulate you from cold ground. Backpack with hip belt. Water containers and water treatment tablets (or filter). Headlamp (more satisfactory than a flashlight). Whistle. Sunscreen. First-aid kit, including moleskin or burn pads for blisters. Lightweight trowel, toilet paper and plastic bags for used toilet paper. Garbage bag. Personal items. 20 to 40 feet of cord and a waterproof sack so you can bear-bag your food, trash and toiletries.

Clothing: Lightweight, versatile layers are key to comfort, given the probable temperature range from 30 to 70 degrees. Five layers for your torso are recommended (including a rain/wind shell) and two layers for your legs. (One of those layers should be rain pants, which can double as thermal protection.) Cotton and denim are chilly and heavy when wet. Wear tested boots and two layers of socks (thin synthetic sock on the inside to preclude blisters), gloves and a cap to keep your head warm at night. You'll need a hat, sunglasses and sunscreen for UV protection. Bring lightweight water shoes (Crocs or similar) for possible wet crossings.

Food: Bring enough for three breakfasts in camp, three no-cook trail lunches, three dinners in camp and snacks. We'll eat Day 1 breakfast around 6 AM at McDonald's in Harrison Arkansas. Bus pick-ups on Day 4 will range from 10:30 AM to noon, with lunch in Springdale around 2 PM. Bring a lightweight burner with fuel for cooking unless you plan to share cooking with a friend. We don't build fires except in emergencies or at improved campgrounds with fire pits or grills. This makes leave-no-trace camping easier and avoids ember burns on clothing.



Water: We'll find water every day for every hike, but you'll need to treat it with tablets, filtration or boiling. Containers for three or four liters should be ample, although you'll carry some of those containers empty much of the time. **Don't** fill your containers until Thursday morning, as spills can spoil a trip.



Map, Guidebook: National Geographic Trails Illustrated Map 232 (Buffalo National River West) covers all our trails. *Buffalo River Handbook*, by Kenneth Smith, is a comprehensive paperback guide to trail landmarks and their history that can significantly enhance your appreciation of what you'll see as you hike, pointing out sites and explanations you might otherwise miss. The book is meant to complement the trail map. You aren't required to buy either. Both the map and handbook may be purchased online or possibly in stores. The Dallas Sierra Club earns 5% of any purchase from Amazon **IF** you click the Amazon.com link from the right column of the www.DallasSierraClub.org home page **BEFORE** you search for an item at Amazon using another sequence.

Leave No Trace: Low-impact wilderness ethics are expected of all participants. All trash must be packed out; human waste buried, and used toilet paper packed out (so bring a zip-lock bag for that purpose). Campfires are not allowed, so bring a small camp stove if you plan hot meals. Smoking, pets and firearms are not allowed on the trip.

Medical: Our trip leaders are not medical professionals. Participants are encouraged to bring first aid supplies and a basic knowledge of how to deal with medical emergencies. If you have medical training, tell the leaders so he or she can use your skill in an emergency. Inform the leaders if you have a medical condition that could require special treatment (controlled diabetes, heart problems, allergic reactions, etc.) in an emergency. Carry any necessary medications for those conditions on your person at all times and tell others where you store them. If you are extremely allergic to bee stings, poison ivy or anything else we could encounter, ask your doctor if you should carry an antidote kit. If you are blind without your glasses, bring a spare. We will be hiking in an area, where rescue is difficult and time-consuming. Air evacuations are extremely expensive, and the injured will be responsible for payment of costs. If you have a health condition that could require immediate medical treatment, you should not go on this trip.

Group = Safety: It's important for safety to follow the leaders' directions. By failing to obey the leader's instructions, you assume the risks that result. The group should stay together to minimize the chance of someone getting lost or an injured person going unaided. The Sierra Club prohibits individuals from leaving the led group (the leader and those participants with the leader) for separate day hiking or other activity. If you leave the group, you do so at your own risk. Participants who leave the led group against leader advice will be asked to sign out of the trip and are no longer part of the trip. Don't expect the group or the leader to do more than notify the authorities if you don't return. The leader's responsibility is to those who are following him or her, not to those who choose to follow a different route and put themselves at risk.

Most deaths in wilderness areas occur when a solo hiker becomes incapacitated and dies of hypothermia or dehydration before being found. If someone is injured while away from the led group, leave one or two people and all of the party's food and warm clothing with the injured person, and send all of the others for help at the trailhead.

If you do get lost, stop and wait on a trail; don't wander aimlessly. When day hiking, carry the essentials (a jacket, raingear, warm hat, space blanket or bag, food, water, map, compass, flashlight, first-aid kit, matches and whistle. If you twist an ankle or get lost, these essentials could save your life if you end up spending the night away from camp. Potential nighttime lows make hypothermia a threat.

Leaders are not allowed to search for missing persons at night. They may not put others in the group at risk to look for a lost participant. When leaving camp for even a moment, especially at night, be careful to stay

oriented and not lose your way back. Getting lost near camp could create a life-threatening situation if the weather is foul or if not dressed for the cold.

Bears were re-introduced from Minnesotan or Canadian stock the 1960s.

- Bring food that doesn't have strong aromas.
- Prepare meals away from your sleeping area.
- Pack your food and trash each night in either a bear canister or a water-tight bag to be suspended from trees where a bear cannot reach. Don't store these items in your tent.
- Don't pour oils used in cooking onto the ground. Eat them or pack them out. Take care not to spill liquids when cooking.
- Disperse cooking water over a wide area, away from camp.
- Carry out all garbage, leftover food, and waste cooking oils and grease. Don't bury your trash.

If you encounter a bear, make lots of noise, waive your arms, and group together, intimidating the bear. Don't run. Keep facing it. Give the animal an escape route if you have accidentally cornered it. If you are between a mother and her cubs, slowly move away from both.

Keep Calm: The Dallas Sierra Club has conducted trips such as those described above for 35 years without serious injuries. If you are in reasonably good physical condition, have the necessary experience and skills, and select a trip matching those abilities (and of course, don't do anything stupid), these trips are reasonably safe. The above cautions and disclosures of risk are intended to give you the information necessary to make an informed decision as to whether you should participate. Hopefully, they will also encourage those who do participate to be safe and careful; so we can all have a good time.

CST 2087766-40: Registration as a seller of travel does not constitute approval by the State of California. (California has a law called the California "Seller of Travel" Law. (Since Sierra Club is a California nonprofit corporation, we are required to post this notice.)

QUESTIONS about the trip or your acceptance may be directed to the trip coordinator, [Bill Beach](#), 214.662.3224 or any trip leader.

Scan down to the Liability Release Form, Medical Form and Participant Preferences Form.



SIERRA CLUB OUTINGS

PARTICIPANT PREFERENCES FORM Dallas Sierra Club Backpacking Trip, Buffalo National River, October 28-November 1, 2015

Return this form, your Medical Form and the Liability Release Form to the Trip Coordinator, Bill Beach, 5226 Vanderbilt Avenue, Dallas, TX 75206.

PARTICIPANT NAME (Please print.): _____

TRIP OPTION PREFERENCES (Trip 1, 2, 3, 4 or 5): 1st choice: _____ 2nd choice: _____ 3rd choice _____
Subject to leader approval, we'll try to honor preferences in the order registrations are received. If fewer than five participants opt for an itinerary (four if the group includes two leaders), the Trip Coordinator may consolidate trips or assign a different trip.

BUS PREFERENCES:

Area of bus:	Front _____	Middle _____	Back _____	No preference _____
Seat:	Aisle _____	Window _____	No preference _____	
Bunk:	Upper _____	Lower _____	No preference _____	

Sit/bunk with (name, optional): _____

GENERAL INFORMATION:

How did you learn about this trip? _____

When was your most recent overnight backpacking trip? _____

Where was that trip? _____

(We ask these questions to help evaluate your readiness for this outing. You may add other information that you think relevant.)

By signing below, I certify that I have read the attached trip descriptions, restrictions and cautions, and understand the described difficulties and risks associated with the trip(s) that I have selected above. I understand that immediate medical assistance will not be available if I become ill or injured while on this trip, that evacuation could take several days. I am responsible for any evacuation and medical costs that may be incurred should I need medical attention.

Signature of Adult Participant _____ **Date** _____



Please fill in this form as accurately as possible. It is essential for leaders to evaluate individual and group health needs as part of trip planning, and for use during emergencies. After reviewing this form, the leader may contact you to discuss whether the trip will be safe and enjoyable for you considering your medical history.

We will keep the information on this form confidential. It will be seen only by leaders, medical personnel, or others who know and understand its confidential nature. This form will be destroyed following the trip. If you choose not to go on the trip, this form will be destroyed immediately.

General Information

First Name: _____ Last Name: _____ Nickname: _____

Address: _____ Gender: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Mobile Phone: _____

Email Address: _____ Date of Birth: _____

Height: _____ Weight: _____ Blood Pressure: _____ / _____ Resting Heart Rate: _____ bpm

Emergency Contact: _____ Relationship: _____

Home Phone: _____ Work Phone: _____ Mobile Phone: _____

Secondary Emergency Contact: _____ Relationship: _____

Home Phone: _____ Work Phone: _____ Mobile Phone: _____

Evacuation and Medical Insurance Information

We strongly encourage you to have medical and evacuation insurance and to bring your insurance card or other documentation with you on the trip.

Evacuation Insurance	Medical Insurance
Company Name: _____	Company Name: _____
Policy Number: _____	Policy Number: _____
Contact Phone Number: _____	Contact Phone Number: _____

Allergies

Include medicines, foods, animals, insect bites and stings, and environment (dust, pollen, etc.). NONE

Allergy	Reaction	Medication Required (if any)

Medical History

Please list all prescription, over-the-counter, and natural medications you are taking. Use a separate sheet if necessary.

Medication Name	Dosage	Frequency	Side Effects (known & potential)	Reason for Taking

Do you currently have, or have a history with, the following conditions (explain in blank and use separate sheet if necessary):

- Yes No Respiratory problems, Asthma, Do you smoke _____
- Yes No Diabetes _____
- Yes No Gastrointestinal problems _____
- Yes No Cardiac problems, Hypertension _____
- Yes No Neurological problems, Seizures _____
- Yes No Vision or Eye problems _____
- Yes No Hearing problems _____
- Yes No Bone, Joint, Muscle problems _____
- Yes No Head trauma, Traumatic Brain Injury _____
- Yes No Substance Abuse, Anxiety, Depression _____
- Yes No If female: Are you pregnant _____
- Yes No Have you had an illness within the last 12 months _____
- Yes No Have you had surgery or been hospitalized in the last 12 months _____
- Yes No Have you ever had problems related to exposure to altitude _____
- Yes No Any other health complaint or medical issue that would affect your participation in this trip _____

If YES, please explain _____

Date of last tetanus immunization: _____ Date of most recent physical: _____

Physician's name: _____ Phone number: _____

Address: _____

Please have physician sign if your leader requires a physical prior to trip

Physician's signature: _____ Date: _____

The information provided here is a complete and accurate statement of any physical and psychological conditions that may affect my participation on this trip. I realize that failure to disclose such information could result in serious harm to myself and other participants. I agree to inform my trip leader should there be any changes to my health status prior to the start of the trip. I understand the outing may require vigorous activity that is both physically and mentally demanding in isolated areas without medical facilities. **I am fully capable of participating on this trip.**

Trip Name: Buffalo River Bus Trip **Trip Dates:** Oct 28 – Nov 1, 2015

Signature (required): _____ **Date:** _____

Print Name: _____

RELEASE OF LIABILITY

Outing: Buffalo River Canoe Trip	Date(s): Oct 18 – Nov 1, 2015
Trip Coordinator: Bill Beach	Additional Leaders: Mark Stein, Mark Adams, Justin Taliaferro, Mike Pfoser

Acknowledgment of Outing Member Responsibility, Express Assumption of Risk, and Release of Liability

I understand that during my participation in this Sierra Club Outing, I may be exposed to a variety of hazards and risks, foreseen or unforeseen, which are inherent in each Outing and cannot be eliminated without destroying the unique character of the Outing. These inherent risks include, but are not limited to, the dangers of serious personal injury, property damage, and death (“Injuries and Damages”) from exposure to the hazards of travel and the Sierra Club has not tried to contradict or minimize my understanding of these risks. I know that Injuries and Damages can occur by natural causes or activities of other persons, animals, trip members, trip leaders and assistants or third parties, either as a result of negligence or because of other reasons. I understand that risks of such Injuries and Damages are involved in adventure travel such as Sierra Club Outings and I appreciate that I may have to exercise extra care for my own person and for others around me in the face of such hazards. I further understand that on this Outing there may not be rescue or medical facilities or expertise necessary to deal with the Injuries and Damages to which I may be exposed.

In consideration for my acceptance as a participant on this Outing, and the services and amenities to be provided by the Sierra Club in connection with the Outing, I confirm my understanding that:

- I have read any rules and conditions applicable to the Outing made available to me; I will pay any costs and fees for the Outing; and I acknowledge my participation is at the discretion of the leader.
- The Outing officially begins and ends at the location(s) designated by the Sierra Club. The Outing does not include carpooling, transportation, or transit to and from the Outing, and I am personally responsible for all risks associated with this travel. This does not apply to transportation provided by the Sierra Club during the Outing.
- If I decide to leave early and not to complete the Outing as planned, I assume all risks inherent in my decision to leave and waive all liability against the Sierra Club arising from that decision. Likewise, if the leader has concluded the Outing, and I decide to go forward without the leader, I assume all risks inherent in my decision to go forward and waive all liability against the Sierra Club arising from that decision.
- This Agreement is intended to be as broad and inclusive as is permitted by law. If any provision or any part of any provision of this Agreement is held to be invalid or legally unenforceable for any reason, the remainder of this Agreement shall not be affected thereby and shall remain valid and fully enforceable.
- To the fullest extent allowed by law, I agree to **WAIVE, DISCHARGE CLAIMS, AND RELEASE FROM LIABILITY** the Sierra Club, its officers, directors, employees, agents, and leaders from **any and all liability** on account of, or in any way resulting from Injuries and Damages, even if caused by **negligence** of the Sierra Club its officers, directors, employees, agents, and leaders, in any way connected with this Outing. I further agree to **HOLD HARMLESS** the Sierra Club, its officers, directors, employees, agents, and leaders from any claims, damages, injuries or losses caused by my own negligence while a participant on the outing. I understand and intend that this assumption of risk and release is binding upon my heirs, executors, administrators and assigns, and includes any minors accompanying me on the Outing.
- I have read this document in its entirety and I freely and voluntarily assume all risks of such Injuries and Damages and notwithstanding such risks, I agree to participate in the Outing.

Name (print clearly): _____

Signed: _____ Date: _____

If you are a minor (under age 18), your parent or legal guardian must sign this Agreement on your behalf.

I hereby agree and consent to the foregoing Agreement on behalf of the minor below.

Print Name and Age of Minor: _____ Age: _____

Signature of Parent or Guardian: _____ Date: _____