



a limited liability company

www.StepOutdoorsColorado.com

Tell Us About You

To help ensure that your outdoor experience is a rewarding one, we ask that you be truthful and honest in answering these questions.

Personal Contact Information

Name	
Occupation	
Address	
Contact Number	
Email Address	
Emergency Contact Person and Phone Number	

Health-Related

General Physique	<p>Height: _____ Weight: _____</p> <p>Shirt/Jacket Size (Circle One): Small Medium Large X-Large 2 XL 3 XL</p> <p>Pant Size (Circle One): Small Medium Large X-Large 2 XL 3 XL</p>
Stamina	<p>How often do you exercise (Circle One): Never 1x a week 2-3x a week 4-5x a week Daily</p> <p>What type of exercise do you participate regularly? Walking Jogging/Running Weight Lifting Yoga Other _____</p> <p>Can you lift 25 pounds with assistance? Yes No</p> <p>How many miles can you walk before a break (Circle One)? Less than a mile One mile Two miles Three miles Four miles More than four miles</p>
I Feel	<p>Describe how you feel physically ...</p>

Outdoor Experience

<p>Excited or Worried</p>	<p>What do you get most excited about or worried about when being in the out-of-doors?</p>
<p>Rate Your Experience</p>	<p>My overall outdoor hiking and backpacking experience is (Circle One)? Non-Existent Minimal Some Experience Experienced</p> <p>Why do you participate in out-of-doors activities (Circle All That Apply)? Friends Spouse Exercise Feel Better About Myself Other _____</p>
<p>Hiking and Backpacking</p>	<p>The last time I hiked or backpacked (describe the experience) ...</p>

Food Likes and Dislikes

<p>I Like</p>	<p>What are some of your favorite foods for breakfast, lunch and dinner?</p>
<p>Allergies/Special Dietary Requests</p>	<p>Do you have any food allergies or special dietary needs?</p>
<p>Snacks</p>	<p>What are your favorite snacks?</p>

New Experiences

<p>Goals and New Experiences</p>	<p>What are three things you would like to try or learn while with your <i>Step Outdoors</i> trip leader?</p>
<p>Solo</p>	<p>Would you like to experience a solo while participating in your <i>Step Outdoors</i> adventure? (A solo is time alone apart from everyone else but with checks conducted by the trip leader every ½ hour or hour. Solos can last ½ an hour to a full day depending in desired experience.)</p> <p style="text-align: center;">Yes No Don't Know</p>