Thanks for your interest in the Entiat River backpacking trip September 11-15, 2023.

Background: I’d like to ask you some questions that I’m asking everyone I accept on the trip. There aren’t particularly “right” or “wrong” answers to these; they in aggregate just help to give me a good picture of how well you’re likely to do on the trip, and how happy you and the rest of us are likely to be as a result.

1. Your name:
2. Please describe your recent backpacking experience (2018-23) on trips two days or longer, including date, total miles and elevation gain, and daily mileage and elevation gain.
   1. What and when is the longest single day (in miles) you have done with a full backpack in the last 3 years?
   2. On Mountaineers trips, who were your trip leaders?
   3. Have you been on group backpacks, with the Mountaineers or others? Have you typically been at the front, the middle or the back of the group?
3. This trip involves river fords. Do you have experience with river fords?
4. Please estimate your total base pack weight. That’s your full backpack set up for this trip, minus consumables (food, water, stove fuel).
5. Please estimate your total starting pack weight for this trip, including consumables. Describe any trips you have been on with a starting pack weight of this amount or more.
6. Medical conditions.
   1. Please describe any medical conditions, allergies or recent injuries/pain that could impact you on the trip. Please list any medications that you would bring with you (including blood pressure meds, diabetes meds, epi-pen, heart meds, other).
   2. Do you use an orthopedic brace, splint or support of any kind, how long have you been using it, and have you done any multi-day backpacking with it on?
   3. If you’ve had recent injuries, when did they happen, and how much backpacking or hiking have you done since the injury?
   4. Have you had to cut short or turn back from -- or be evacuated from -- any recent activity (backpack, hike, scramble) due to a medical or biomechanical issue? If so, please provide details.
   5. If your medical condition changes between now and our trip that could affect your ability to successfully complete this trip, will you let me know before the trip begins?
7. Physical condition This is a challenging backpacking trip, with some days of 13 miles and other days with 3,200’ of climbing. .

a) Do you consider yourself to be in good physical condition?

b) What do you plan to do to get in condition to successfully complete this backpacking trip?

1. What first aid training have you had within the last five years?
2. Have you been on a trip where it rained for days in a row? Do you think you could deal with that if it were to happen?
3. Do you plan to bring all of the following items on this trip?:
   1. Sleeping bag or quilt rated to +30 or colder.
   2. Tent suitable for camping in the rain
   3. Sleeping pad
   4. Comfortable, broken-in, hiking boots or sturdy low hikers
   5. Raincoat and rain pants or rain skirt/kilt
   6. Clothing that will keep you warm and dry in 30 degree rain. No cotton clothes!
   7. Working stove, pot and sufficient fuel
   8. Food for 4 dinners, 4 breakfasts, and 5 lunches/snacks
   9. 10 Essentials
   10. Personal first aid kit
   11. Two trekking poles
   12. Shoes suitable for river fording (Crocs ok)
   13. Bear canister or Ursack
4. This trip may require participants to make plans long in advance (request vacation time, etc.). If you are accepted for this backpacking trip, what is the likelihood you would participate and not cancel?
5. Have you been fully vaccinated and boosted against COVID-19? If you have not already been granted the COVID-19 vaccination verification badge, please send me a photo of your vaccine card(s) showing all of your covid vaccinations.

Thanks.

Dick Lambe