

[Redacted]

[Redacted]

**Waiver of Liability, Assumption of Risk, and Indemnity Agreement**

**Waiver:** In consideration of being permitted to participate in any way in

[Redacted]  
Week of Wilderness

hereinafter called "The Activity", I, for myself, my heirs, personal representatives or assigns, **do hereby release, waive, discharge, and covenant not to sue** The Regents of the University of California, its officers, employees, and agents from liability **from any and all claims including the negligence of The Regents of the University of California, its officers, employees and agents**, resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in The Activity.

\_\_\_\_\_

Signature of Parent/Guardian of Minor      Date

\_\_\_\_\_  
Signature of Participant      Date

**Assumption of Risks:** Participation in The Activity carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary from one activity to another, but the risks range from 1) minor injuries such as scratches, bruises, and sprains 2) major injuries such as eye injury or loss of sight, joint or back injuries, heart attacks, and concussions to 3) catastrophic injuries including paralysis and death.

**I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent** in The Activity. I hereby **assert that my participation is voluntary and that I knowingly assume all such risks.**

**Indemnification and Hold Harmless:** I also agree to INDEMNIFY AND HOLD The Regents of the University of California HARMLESS from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney's fees brought as a result of my involvement in The Activity and to reimburse them for any such expenses incurred.

**Severability:** The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

**Acknowledgment of Understanding:** I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and **understand that I am giving up substantial rights, including my right to sue.** I acknowledge that I am signing the agreement freely and voluntarily, and **intend by my signature to be a complete and unconditional release of all liability** to the greatest extent allowed by law.

\_\_\_\_\_

Signature of Parent/Guardian of Minor      Date  
Participant's Age (if minor) \_\_\_\_

\_\_\_\_\_

Signature of Participant      Date

Participants Name

Please Print

## **Outdoor Adventure Participant Code of Conduct**

The Outdoor Adventure Participant Code of Conduct requires that each participant comply with the following:

- No use of illicit or illegal drugs, alcohol, or tobacco during the duration of the trip.
- All participants must depart and return with the designated OEP staff and vehicles.
- OEP events and activities are reserved for registered participants only, and thus are not open to non-registered participants. Non-registered family members and friends may not accompany, meet, or participate in any OEP event.
- OEP equipment must be used responsibly and under the suggested manufactures usage. Abuse or misuse of any OEP equipment may result in cost to replace any lost or damaged items and can include exclusion from future OEP events and activities.

**Acknowledgement of Understanding:** By signing this, I agree to abide by all that is listed above. I acknowledge that I am signing this agreement freely and voluntarily, and understand that my failure to sign this form will exclude participation from the scheduled event. Failure to meet the terms may result in exclusion from any future OEP events and activities. Person in violation of code of conduct for any reason during the trip, they may dismissed and be responsible for their own trip back to campus. This may include, transportation, food, lodging, and basic traveling expenses.

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Signature of Participant

Date

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## UC MERCED WEEK OF WILDERNESS MEDICAL FORM

Dear WOW Participant,

To participate in the WOW Program you are required to complete the following Week of Wilderness Medical Form. You must use this form; alternate forms will not be accepted. All questions must be addressed. Mark N/A if any question is not applicable to you. If you have further questions or concerns, please contact us at (209) 228-7732.

### SECTION A AND SECTION B: TO BE COMPLETED BY THE STUDENT

**A. General Information** To be completed by the student. Please print neatly.

Name \_\_\_\_\_ Session (1 or 2) \_\_\_\_\_

Nickname \_\_\_\_\_ Date of Course \_\_\_\_\_

Male/Female \_\_\_\_\_

Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Age at time of course \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Home \_\_\_\_\_

Phone ( ) \_\_\_\_\_

In case of emergency contact: \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Relationship \_\_\_\_\_ Home

Phone ( ) \_\_\_\_\_ Work Phone ( ) \_\_\_\_\_

Physician \_\_\_\_\_ Phone ( ) \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Are you covered by any hospitalization/medical care policy? Yes \_\_\_\_\_ No \_\_\_\_\_ Insurance

Company Name \_\_\_\_\_ Policy or Certificate # \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Does

Insurance company require pre-authorization? Yes \_\_\_\_\_ No \_\_\_\_\_ If yes, phone ( )

\_\_\_\_\_



**Medications** List any medications you are using, including psychiatric and over-the-counter medication.

Medication	Condition	Dosage (size & freq)	Current Side Effects
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____

### Required Immunization

Please tell us the year of your last tetanus shot (must be within 10 years prior to course starting date). Year \_\_\_\_\_

**Hospitalization/Emergencies** Please list any hospital or emergency department visits in the last two years.

Date	Reason	Length of Stay
1. _____	_____	_____
2. _____	_____	_____

### Personal History

1. Have you been in counseling with a psychiatrist, psychologist or other counselor within the past two years? Yes \_\_\_ No \_\_\_
2. Are you currently in counseling/treatment? Yes \_\_\_ No \_\_\_
3. Reason for counseling (check appropriate responses): \_\_\_ Academic \_\_\_ Family Issues \_\_\_ Substance Abuse \_\_\_ Suicide \_\_\_ Depression \_\_\_ Other \_\_\_\_\_

### Lifestyle

1. Do you use alcohol? Yes \_\_\_ No \_\_\_ How much/How often? \_\_\_\_\_
2. Do you use tobacco? Yes \_\_\_ No \_\_\_ How much/How often? \_\_\_\_\_
3. Do you currently have a substance abuse or chemical dependency problem (Alcohol, drugs, etc.)? Yes \_\_\_ No \_\_\_  
If yes, please describe: \_\_\_\_\_
4. Do you have a history of chemical dependency? Yes \_\_\_ No \_\_\_ Drug(s) \_\_\_\_\_ Last use (date)? \_\_\_\_\_

### Current Exercise Activity (Week of Wilderness is a physically demanding experience.)

1. Describe your current exercise activities here.

Activity	Frequency	Approximate Time/Distance	Leisurely	Moderately	Intensely
1. _____	_____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____	_____

Swimming Ability (check one) \_\_\_ Non-Swimmer \_\_\_ Cannot swim more than 100 yards \_\_\_ Moderate Swimmer \_\_\_ Strong Swimmer \_\_\_ Current Life Saving Certificate

**Additional Student Comments** \_\_\_\_\_

I certify that to the best of my knowledge, the information on this form is complete and accurate. I also certify that I am aware that Wilderness Orientation is a physically demanding experience.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent Signature (if student under 18 yrs.)

\_\_\_\_\_  
Date

# Equipment List

## What you'll need for BACKPACKING:

### CLOTHING:

- **AVOID COTTON ON OUR OVERNIGHT TRIP:** The first rule of staying warm and dry in the mountains is to avoid using cotton clothing for warmth layers. Cotton does not insulate when it gets wet and does not dry quickly. Wool and synthetic (polyester, polypropylene, capilene, fleece, etc.) products are very functional for warmth, even when wet. **EXCEPTIONS:** Cotton T-shirts, underwear, and shorts are OK because they are not used as warm layers.
- **BOOTS:** Boots are recommended. We will be doing a lot of hiking. They should be either light or medium hiking boots. They should come up over your ankle to provide support for hiking with a pack. Try to have your boots **well broken in!** Start by walking around home with them for a few hours at a time and then gradually lengthen the time you wear them. Take them on a few day hikes in your area.
- **Light Tennis Shoes or Teva/Chaco type sandals:** To change into once in camp for comfort, and to minimize environmental impact. They should be lightweight and ones you don't mind getting wet and dirty.
- **Socks:** It gets pretty cold in the Sierras so I would suggest heavy wool or wool/nylon or wool/polypropylene socks. Two pairs of light liner (polypropylene) socks. The combination of a wool sock over a liner sock works well for preventing blisters and for general comfort.
- **Long Underwear:** Light or medium weight wool/synthetic blend, polyester, polypropylene, or capilene long underwear will act as a base layer and keep you very warm during the night.
- **Pants:** You will not need a pair of pants for every day. I suggest 1-2 max. Either nylon pants (zip off pants are great!), wool pants, fleece pants, are recommended. You must have an extra layer for your lower body in addition to your long underwear and rain pants. **No jeans.** Army surplus and Goodwill stores usually have inexpensive wool pants that also make great apparel for those winter days in Merced.
- **Underwear**
- **Shorts:** One pair only. Light nylon running shorts are best. They dry quickly and can therefore double as swimsuit bottoms. Cotton shorts are acceptable. Be sure to try them on with a pack to insure that they fit comfortably with a hip belt.
- **Upper body insulation:** Layering several lightweight layers works much better than one heavy garment. Layering allows one to make adjustments for climate and heat output changes as

you exercise. Layers also trap air in between garments, keeping you warmer. Make sure the garments you bring will fit over each other with room for your rain gear on top of it all. Mountain temperatures can drop below freezing, even in the summer.

### SYNTHETIC CLOTHING

Bring at least 2 of the following upper body insulation layer combination. For example: 1) warm synthetic shirt or wool sweater 2) synthetic vest or wool shirt, 3) insulated jacket or fleece jacket.

Examples:

First Layer	Mid Layer	Outer layer
Long underwear	synthetic shirt	Pants (nylon, waterproof, etc.)
Under armor	Synthetic (fleece) vest	Jacket (windbreaker, waterproof)
Synthetic/wool	Wool shirt	
	fleece jacket	
	Wool Sweater	

- **T-shirt:** 2-3 short sleeved, or one long sleeved and one short sleeved. Lightweight cotton T's are more comfortable during the heat of the day.
- **Warm Cap:** The old saying "If your feet are cold, put on a hat" is true. Bring 1 warm wool or synthetic cap, which will cover your ears.
- **Sun Hat:** A visor or baseball hat is lightweight and works well. This is essential to shade your face from the high altitude rays of the sun. Be sure your hat can be stuffed into a pack.
- **Gloves or Mittens:** Wool or synthetic gloves are appropriate. If you have light ski gloves or mittens they will work fine. Lightweight synthetic liner gloves are the best for additional warmth and ease of function on frosty mountain mornings.
- **Raingear:** It could be sunshine or rain so we must be prepared! **A quality rain jacket and pair of rain pants are highly recommended.** Since we are mostly backpacking, a poncho will also help.

## **GENERAL EQUIPMENT**

- **2 Water Bottles:** Quart or liter size. They must seal completely. We will be providing one. If you would rather use a camelbak reservoir, it must hold at least 2 Liters.
- **Bandanas:** (2) Can be used for a number of purposes; sun protection, to cool your neck, hold hair back, as a pot holder, towel, washcloth etc.
- **Cup, bowl, and spoon:** Durable plastic cup and bowl are best to prevent breakage, keep food warm, and are also lightweight. A large insulated plastic cup is best to keep those yummy hot drinks hot! A lexan (hard plastic) or metal spoon is fine. We recommend against metal bowls and cups because hot food and drink can easily burn you through the metal. No plastic "picnic" spoons.
- **1 Heavy-duty Garbage Bag** (these are super strong and far superior to normal trash bags): To keep your sleeping bag and extra clothes dry. Also used as a pack cover in the rain. They must be the heavy weight, large trash can sized variety. 30-33 gallon trash compactor or contractor bags are the best.
- **Small Plastic Bags:** To wear over your socks to keep your feet dry if your boots get wet. Also, you will need plastic bags for your trash. Bring at least 5. The heavier duty produce bags from the supermarket work just fine.
- **Flashlight or Headlamp with extra batteries and bulb:** Lightweight, small and durable. AA or AAA size is good. Headlamps are great to have and free up your hands for other tasks but are not necessary.
- **Sunglasses:** You must have a pair of dark sunglasses.
- **Sunscreen:** SPF (Sun Protection Factor) 15 or higher. Because you will be sweating, waterproof is best. Please bring a small bottle.
- **Chapstick:** SPF 15.
- **Personal Hygiene Kit:** toothbrush, a small tube of toothpaste, small bottle of skin cream (optional), small comb/brush, and **baby wipes, and HAND SANITIZER**. (A note for women. . . strenuous activity and high elevation can often change a woman's cycle, so come prepared even if you don't think you will need to; bring tampons or pads and 2 ziplock plastic bags to pack them out of the wilderness.)