



Glen Brook White Mountain Hiking Trip Information and Health Advisory--Student

Glen Brook leads hiking trips into the White Mountains as part of its rigorous wilderness-skills program. In order to participate on Glen Brook's White Mountain Hiking Trip, please have a doctor review the following information and affirm that your child is of sound health and fitness and can reasonably tolerate the following conditions:

- Terrain is rough, rocky, and slippery;
- Daily hikes are several miles in duration with considerable elevation gain;
- Total elevation will exceed 6,000 feet;
- Each participant must carry an estimated 40-pound backpack;
- Mountain conditions can include sub-freezing temperatures even in summer and early fall, strong winds, rain, snow, and ice;
- Each participant is expected to perform the above physical activity and be a supportive member of the group.

Participant's name: _____

Doctor's name: _____

Doctor's **signature and stamp**: _____

Date: _____

Restrictions on the above activity (please describe):

Parents:

I have read the above information and understand the risks involved in my child's participation in the White Mountain trip. By signing below, I affirm that I understand that these risks pose the possibility of serious injury.

Parent Name _____

Signature _____ Date _____

Please return this form to the High School Office.