

## Member Questionnaire

Participant Name	Email		
Birthdate	Cell Phone		
Parent/Guardian Name	Email		
Address	Home Phone		
City	State	Zip	Cell Phone

Thank you for your interest! Group sizes are very small so please sign up early. Please send your completed Member Questionnaire by the due date. Fees should be paid in full by the first planning meeting. Trip planning starts a few months before the trip and each group will determine their destination, trip details, and group norms. The first meeting is very important for all participants to attend with at least one parent. After the first planning meeting attendance is still strongly suggested, but the preliminary decisions will have been completed. If you have any questions please feel free to call or email at any time.

Participant Signature	Date	Parent/Guardian Signature	Date
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### Trip Guidelines

- No illegal drugs, alcohol, or tobacco products will be consumed by anyone at any time.
- At no time should a trip member act aggressively towards trip mates or horses.
- Be respectful of others personal space, ideas, strengths, weaknesses, and belongings.
- During the trip, participants will stay in a group and use the buddy system at all times.
- Trip members will be treated with respect and kindness regardless of ability and/or age.
- Participants are expected to be honest and open in communicating their concerns and ideas.
- Participants will be an active part of the trip and be willing to help with all aspects.
- All state and federal laws, forest agency and campground policies will be followed.
- Cell phones should only be used for emergencies.
- Dress appropriately for the weather and planned activities.
- Pack all required items on the Packing List, and notify the trip leader if anything is missing.
- Topics of conversation, jokes, etc., should be appropriate and comfortable for all present.
- Observe all safe camping guidelines as discussed in trip planning meetings. This includes Leave no Trace, water safety, Stock feed, tying, washing, and other local policies that may apply.
- Be respectful of others that may need to go to bed early or sleep in late. Be quiet when entering or leaving tents so others will not be disturbed.
- Use designated toilet facilities.
- Clean up all trash, manure, and excess hay before leaving camp.
- If fires are allowed an adult should supervise the building, maintenance and dowsing of. A bucket of water, hose, or fire extinguisher should be near the fire in case of emergencies.
- Be aware of knife safety rules
- Do not feed, chase, or catch wild animals. They were there first!
- It is unlikely that participants will be able to ride on travel days due to camp setup, tear down, and allowing the horses time to get acclimated.
- Spread piles of manure before leaving lunch or snack spots on the trail.
- Be polite and respectful of other trail users. Be a good ambassador for horse enthusiasts!
- Avoid letting horses graze and/or wander off of designated trails.
- Ask hikers, bikers, motorcyclist to step to the low side of the trail when passing.
- Radios/Walkie-Talkies should not be used for playing around. Batteries need to be conserved for emergencies.

Here are a series of questions that will help in the trip planning process. Each participant should carefully read each question and the description if available. Please take some time to think about each question, and thoroughly answer each honestly. We can make changes at a later time if you change your mind, but it is nice to have a start to this process now. All answers will be kept confidential and will only be used by the Trip Leaders.

### Personal Information

Please put an "X" in the box next to the comment that best describes your answer.	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Don't Know
1) I enjoy camping outside.						
2) I am looking forward to this trip.						
3) I am comfortable in a Western Saddle.						
4) I enjoy spending time in the outdoors.						

5) Do you have any phobias? (Please mark all that apply, but circle any that are severe.)

- Insects       Darkness     Animals     Heights     Thunder/Lightning  
 Other \_\_\_\_\_

6) What is the longest you have comfortably been away from home without family, and been OK?

- 0 nights       1 nights       2-4 nights       5-7 nights       8+ nights

7) Please list all allergies, symptoms, treatment, and circle any that may be severe. (Please include ALL allergies including food, plant, insect, environmental, etc.)

Allergy	Symptoms	Treatment

8) Please list some meals that fit into each category below:

- a) Favorite: \_\_\_\_\_  
 b) Dislike: \_\_\_\_\_  
 c) Refuse to eat: \_\_\_\_\_

9) In the past 2 years have you had a history of:

	Is there a cause?	What seems to help?
Talking in your sleep		
Sleep Walking		
Night Terrors		
Bed Wetting		
Nightmares		
Home Sickness		
Chronic Injury/Discomfort		
Chronic Illnesses		
Other:		

10) How long have you been riding horses? \_\_\_ Weeks    \_\_\_ Months    \_\_\_ Years

11) How often do you ride? (Please select one)

- Daily       Every few days     Once a week       Every few weeks  
 Once a month     Every few months     Once a year       Other: \_\_\_\_\_

## Trip Information

12) At most, how many hours do you want to spend traveling in the car? (Please select one)

- 3-4       5-6       7-8       9-10       11-12       13+

(Keep in mind the further we travel, the more time we spend driving, and less time we spend in the saddle. Also, consider the horses will be in the trailer the entire drive. Include grocery shopping, restroom breaks, meals, and gas stops in the time calculations.)

13) What is the longest trail ride you have ever been on? (Please select one)

- 1-2 hours       3-4 hours       5-6 hours  
 7-8 hours       9-10 hours       11+ hours

14) Which type of trip would you prefer? (Please identify your first, second and third choice options.)

- Base Camp - Trip would involve having a set place where we park the truck and trailer. All of our rides would start from that location. This option allows more comforts for the horse and rider, as well as more options for actual weather conditions. Base camp trips also involve no pack animals so freedom of travel, work load, and ability to walk, trot, and canter are greater.
- Roaming - Trips would involve staying at various locations and allow riders to see more areas. All of the rides would start from the truck and trailer. This option allows more comforts for the horse and rider, as well as more option for actual weather conditions. Roaming trips do require more time driving, but give exposure to a variety of locations.
- Day Trip - Does not include an overnight stay, and would strictly be a trail ride for the day. Participants would meet at a specific location and trailer to a selected trail system.
- Pack Trip - Involves spending one night or more on the trail away from vehicles. This is a great way to see the backcountry, but also implies certain restrictions on the group. The horses need to be grained each day, and allowed to graze for at least 3 hours a day. All gear is packed for the ride, and greatly reduces the amount of comfort gear that can be taken. Riders will stay at the walk the entire time. Due to the remote nature of a pack trip weather conditions can have more of an impact. A pack trip is one in which you have to pack in everything you need for horses and riders for the duration of your trip. This will include feed, food, tents, clothes, cook gear, sleeping gear, tack, etc.

15) What kind of weather or climates are you most comfortable in? (Please identify all that apply.)

- Hot       Cold       Wet       Dry       Freezing

(Various ecosystems come with various weather conditions. Rain, snow, cold and heat are all possible weather conditions on the trail. It is important to be honest about your comfort zone so that a location and season is selected that fits you.)

16) Is there a specific landscape that you would like to visit? (Please identify your first, second and third choice options.)

- Ocean Beach     Mountain       Lake       River       Desert  
 Meadow       Rainforest       Other \_\_\_\_\_

(In the Northwest we are surrounded by amazing ecosystems. We can travel to the ocean, rainforest, hot spring, river, lake, mountain, meadow, flats, and desert. These types of areas can be accessible by horseback and can be included in a trip. Knowing what areas you want to explore will help to determine the destination of a trip.)

17) Which types of bathroom facilities are you comfortable with? (Please select all that apply)

- Flushing Toilet       Porta-Potty       Pit Toilet       Woods

18) How often do you have to shower to be comfortable when camping? (Please select one)

- Every day       Every other day       Twice/week       Once/week

19) Is there a specific area that you would like to visit? (Please identify your first, second and third choice options.)

Mt. Rainier (WA)     Mt. St. Helens (WA)     Mt. Adams (WA)     Mt. Hood (OR)  
 Beaches (WA or OR)     Hells Canyon (ID)     Other \_\_\_\_\_

20) Is there a specific area that you want to avoid? \_\_\_\_\_

21) Are there any activities that you would like to do or see?

Hot Spring                       Ghost Town                       Fossil Hunting                       Rock Hounding  
 Swimming                               Ice Caves                               Lava Tubes                               Hiking  
 Team Building                       Mines                                       Other \_\_\_\_\_

22) Would you like to spend time on your trip to learn any of the following skills?

Map Reading                       Compass work                       Fire Building                       Shelter Building  
 First Aid                               CPR                                       Knot Tying                               Trail Riding

23) All trips will be researched and planned ahead of time, but there are some options on how the actual trip will be started. Would you prefer to have a trip planned:

- with reservations at specific camp sites that dictate the trip schedule.
- with a few destination options, but decide on the final destination the day before your trip departs based on where the weather is the best.

### Comments

Please add any additional comments, concerns, or ideas for the trip: \_\_\_\_\_

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I have read the trip guidelines from the first page, and have honestly filled out this questionnaire to the best of my knowledge. At this time I have written down any comments, concerns, ideas, and questions that I have. If anything else comes up I will check with the trip leader immediately.

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Date