

PLEASE RETURN THIS FORM TO YOUR SCHOOL OR ORGANIZATION PRIOR TO THE TRIP

THE MOUNTAIN WORKSHOP
A division of Hawke Mountain Ventures, LLC
School Outdoor Programs

FOR ALL ATTENDING STUDENTS
Please complete both sides, including
signatures of parent or guardian

PARENTAL PERMISSION AND RELEASE

Ref: Browning Gr9 F15

This form is required for participation in a Mountain Workshop program.

Organization The Browning School Start Date: 10/15/15 End Date: 10/16/15

Program Location: Pine Forest Camp

Participant's Name _____ Grade _____ Age _____

Parents or Guardian _____

Address _____ City _____ State _____ Zip _____

Phone (Home) _____ Phone (Cell) _____ Phone (Work) _____

Email Address _____

If not available in an emergency notify: _____

Phone (Home) _____ Phone (Cell) _____ Phone (Work) _____

Your Medical carrier _____ Policy # _____ Date Med. Exam _____

We believe young people seek adventure. The Mountain Workshop provides opportunities for exploring new activities in a structured manner. Risk management is an essential element of the activities we offer, and we observe standard precautions. We conduct our programs according to practices and procedures recommended by professional organizations in the field of Outdoor Education. Our risk management program includes specific criteria for staff selection, training, written policies and procedures, and supervision and review of practices. While we anticipate our professional supervision will ensure the well being of each camper, we are also aware it is neither possible to foresee every contingency nor to eliminate all risk.

PARENT/GUARDIAN RELEASE

I understand that The Mountain Workshop activities occur in diverse terrain and weather conditions. I authorize my son/daughter to participate fully in all of The Mountain Workshop activities. These activities include, but are not limited to backpacking, hiking, canoeing, kayaking, caving, rock climbing, rappelling, swimming, rafting and tubing. All of these are physical activities that involve risk of personal injury.

I understand that The Mountain Workshop cannot safeguard against all such injuries, and I expressly agree to assume such risk and waive and release The Mountain Workshop, its officers, agents, employees, third parties and any federal, state or local agencies which have jurisdiction over lands or properties upon which The Mountain Workshop programs operate, from any claim of liability, including negligence, except gross neglect, of The Mountain Workshop for any loss, damage, or injury incurred during the program(s) for which my son/daughter is applying and I attest that my son/daughter is enthusiastic about participating. TMW may use photo and video footage for promotional material from your program, and retains all rights for use of material.

Parent/Guardian Signature _____ Date _____

THE MOUNTAIN WORKSHOP
35 Miry Brook Road
Danbury, CT 06810
203-797-1435 phone
203-797-1436 fax
www.mountainworkshop.com

In case of Medical Emergency, I understand that every reasonable effort will be made to contact the parent or guardian of this child. In the event I cannot be reached, or if the attending physician or health care provider believes that immediate medical care without delay is required or appropriate, I hereby give permission to the physician or health care provider selected by The Mountain Workshop trip leader to secure medical treatment, hospitalization, secure anesthesia, and/or to order or consent to injection, surgery or medication for my child named above. I understand that The Mountain Workshop and any such health care provider will be relying on my completing and signing this form.

PARTICIPANT'S NAME (please print) _____

Yes ___ No ___ Will your child be using or carrying any prescription drugs? If yes, please explain.

Yes ___ No ___ Does your child have any allergies (medications, food, bees, etc.)? If yes, please explain.

Does your child have any condition now requiring medical attention or regular medication? If yes, please explain.

Does your child have any condition restricting his/her activity? If yes, please explain.

Is there anything else we should know about your child to better serve him/her and the entire group?

Parent/Guardian Signature _____ Date _____

Print Name _____

Other Mountain Workshop Program Information?

Do you want to receive our summer youth program brochure? _____ Yes _____ No

Do you want to be added to our E-MAILING LIST? _____ Yes _____ No

I would also like information regarding _____ Corporate Programs _____ School Programs

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PLEASE RETURN THIS COMPLETED FORM TO YOUR SCHOOL PRIOR TO THE TRIP DATE.



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Fax: 203-797-1436

CLOTHING & EQUIPMENT REQUIREMENTS:

***Please to try pack as little cotton as possible**

For all participants:

- | | |
|--|---|
| <input type="checkbox"/> Bag lunch with beverages for day 1 | <input type="checkbox"/> Warm hat |
| <input type="checkbox"/> Daypack or book-bag | <input type="checkbox"/> Hat with visor |
| <input type="checkbox"/> 2 filled one-quart canteens or
water bottles | <input type="checkbox"/> Jacket |
| <input type="checkbox"/> Socks (at least 1 pair non-cotton) | <input type="checkbox"/> Rain gear (tops & bottoms preferred) |
| <input type="checkbox"/> Underwear | <input type="checkbox"/> Sleeping bag with stuff sack |
| <input type="checkbox"/> T-shirts | <input type="checkbox"/> Small pillow |
| <input type="checkbox"/> Shorts | <input type="checkbox"/> Flashlight / Headlamp |
| <input type="checkbox"/> Swimsuit | <input type="checkbox"/> Towel |
| <input type="checkbox"/> Long pants | <input type="checkbox"/> Toiletries
(shampoo, soap,
toothbrush, toothpaste) |
| <input type="checkbox"/> Long sleeved shirt | <input type="checkbox"/> 3 Large Ziplock Bags |
| <input type="checkbox"/> 1 wool or polar fleece sweaters | <input type="checkbox"/> Chapstick |
| <input type="checkbox"/> Gloves | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> 1 Pair sneakers/ light hiking boots | <input type="checkbox"/> Bug repellent |
| <input type="checkbox"/> 1 Pair Watershoes (no crocs/flipflops) | <input type="checkbox"/> Camera (optional) |
| <input type="checkbox"/> *Old sneakers that can get wet are ok | |
| <input type="checkbox"/> | <input type="checkbox"/> |

Participants should arrive with two items:

- **A daypack with lunch, full water bottles, rain gear, warm shirt, bug repellent and sunscreen.**
- **A large backpack or duffel bag packed with all other belongings (sleeping bag included). (Waterproof belongings by using a plastic garbage bag inside duffel.)**

****Please do not bring lighters, knives or personal electronics.**