

## Laketrails Base Camp

Adult Canoe Trip Registration	Trip Dates: July 16 - 22, 2017
Address	Emergency Contact Information
City, State, Zip	Name
Preferred phone	Phone
Email	
Health Information  Laketrails Base Camp is located approximately 2 hours from the nearest medical facility, and participants are considerably farther away when "on trail." The participant will be involved in a strenuous camping program including a five day wilderness canoe trip that entails several hours of paddling each day and lifting canoes or packs weighing from 40-80 lbs. Loading and unloading canoes often takes place on wet, slippery, and rocky surfaces. It is important that the participant understand the rigors of the trail experience and that Laketrails be made aware of any health conditions that could have an effect on participation.  PARTICIPANTS MUST COMPLETE THE LAKETRAILS ADULT HEALTH FORM.	
Food Information Please indicate any food allergies or dietary needs:	
I accept all responsibility and risks for participation in the Laketrails Adult Canoe Trip.	
Signature:	Date:

Please mail completed form with payment to: Laketrails Base Camp, P.O. Box 810, Warroad, MN 56763

After May 31st mail to: Laketrails Base Camp, P.O. Box 25, Oak Island, MN 56741