



Physician's Signature

For:

This camper is participating in the following program

- ☐ Bay to Sea Backpacking Program ☐ Sierra Backpacking Program

The Bay to Sea Backpacking Program includes is a 10 day backpacking trip through the Santa Cruz Mountains. Campers will hike 2-12 miles per day (averaging 5 miles per day) with an altitude change of approximately 1,000 feet carrying a fully loaded backpack over varied terrain.

The Sierra Backpacking Program includes is a 15 day backpacking trip in Yosemite National Park. Campers will hike an average of 7 miles per day (no more than 15 miles in a day) with an altitude change of 10,000 feet carrying a fully loaded backpack over varied terrain.

Physician's Name

Physician's Phone Number

Physician's Address

Date of Health Examination

Form completed by

IMPORTANT: A PHYSICIAN'S SIGNATURE IS REQUIRED BELOW FOR PARTICIPATION IN PROGRAM.

I hereby certify that the above named camper is physically able to participate in the Hidden Villa's Backpacking Program and that I know of no restrictions, physical impairments, or any other condition which would limit, in any manner, their participation in this program.

Signature _____ Date _____