



# All about Me

Please bring completed form with you to the Canoe Base!

To help your daughter's Canoe Guide know her better and give her a chance for a more enjoyable canoeing experience, please complete the following form. This information will be kept in strict confidence. Though some of the information requested here appears on various other forms, please repeat it here since the Guide may not see the other forms. This is one of the most important forms you will fill out before her trip!

Participant's Name: \_\_\_\_\_ NLCB Session Dates: \_\_\_\_\_

Age: \_\_\_\_\_ Grade (fall 2020): \_\_\_\_\_ Date of Birth: \_\_\_\_\_

**Parent, please fill out this part:**

Has she been away from family two or more consecutive nights? YES NO

Did she enjoy the experience? YES NO

Is she prone to homesickness? YES NO

If yes, what has helped her in the past? \_\_\_\_\_

\_\_\_\_\_

**Previous camping experience (list number of times she has participated in each):**

Family Camping \_\_\_\_\_ Resident (without troop/family) \_\_\_\_\_

Day Camp \_\_\_\_\_ Troop Camp \_\_\_\_\_

Does she have any special fears, e.g. storms, water, insects? YES NO

If yes, please explain source & what has helped in the past: \_\_\_\_\_

\_\_\_\_\_

Does she have allergies or dietary restrictions (food, bites, weeds)? YES NO

If yes, please explain: \_\_\_\_\_

\_\_\_\_\_

Does your daughter sleep walk? YES NO Wet the bed? YES NO

If yes to either of these, what can we do to help her? \_\_\_\_\_

\_\_\_\_\_

Has your daughter begun menstruation? YES NO

If no, what information has she been given about menstruation? \_\_\_\_\_

\_\_\_\_\_

How easily does your daughter adjust to new living situations, new people, and new experiences?

\_\_\_\_\_

OVER, PLEASE

**Please have your daughter fill out the following questions:**

**What activities would you like to try on your canoe trip?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Please tell us about any previous canoeing experiences.**

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**Is there anything that you are nervous about?**

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**What are your special interests and/or hobbies?**

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**What do you hope to gain from your canoe trip experience?**

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**Is there anything else you'd like to share with us?**

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