

Hiking / Backpacking Trip Participant Questionnaire 🥾

Thank you for signing up for a backpacking trip in the mountains! 🌄 To ensure a safe and enjoyable experience for everyone, please complete this questionnaire. Your responses will help us assess your hiking experience, physical fitness, and gear preparedness. Please answer all questions honestly and thoroughly.

Section 1: Personal Information 📋

1. **Full Name:** _____
2. **Age:** _____
3. **Emergency Contact Name and Phone Number** 📞: _____

Section 2: Hiking Experience 🥾

4. **How many years have you been hiking or backpacking?**
 - ☐ Less than 1 year
 - ☐ 1–3 years
 - ☐ 3–5 years
 - ☐ 5+ years
5. **What is the longest single-day hike you have completed?** (Distance in miles or kilometers and duration in hours) 🕒

6. **What is the highest elevation you have hiked to?** (In feet or meters, and describe the terrain, e.g., rocky, forested, steep) 🏔️

7. **Have you ever backpacked overnight?** 🌙
 - ☐ Yes (If yes, how many nights, and describe the trip: _____)
 - ☐ No
8. **Have you hiked in mountainous terrain before?** 🏔️
 - ☐ Yes (If yes, describe the location and difficulty: _____)

- No

9. **Do you have experience with navigation in the backcountry (e.g., using a map, compass, or GPS)?** 🗺️

- Yes (Describe your experience: _____)
- No

Section 3: Physical Fitness 🏃

10. **How would you rate your overall physical fitness level?**

- Beginner (I exercise occasionally or not at all)
- Intermediate (I exercise regularly, 2–3 times per week)
- Advanced (I train consistently, 4+ times per week, including cardio and strength)

11. **Do you have any medical conditions or injuries that could affect your ability to hike?** (e.g., heart conditions, asthma, knee issues) 🏥

- Yes (Please specify: _____)
- No


12. **How often do you engage in cardiovascular exercise (e.g., running, cycling, swimming)?** 🏊

- Rarely or never
- 1–2 times per week
- 3–4 times per week
- 5+ times per week


13. **Can you comfortably carry a backpack weighing 20–40 lbs (9–18 kg) for 5–8 hours per day over multiple days?** 🎒

- Yes
- No (Please explain: _____)


Section 4: Gear Checklist 🛠️

Please indicate whether you own and plan to bring the following items. If you do not have an item, note whether you plan to rent or purchase it. 14. **Hiking Shoes/Boots** (Waterproof, broken-in, suitable for rugged terrain) 

- ☐ Own and will bring
- ☐ Plan to rent/purchase
- ☐ Do not have

15. **Backpack** (Appropriate size, 40–70 liters depending on trip length) 


- ☐ Own and will bring (Specify capacity: _____ liters)
- ☐ Plan to rent/purchase
- ☐ Do not have

16. **Tent** (Lightweight, suitable for backpacking, with rainfly) 

- ☐ Own and will bring (Specify type/brand: _____)
- ☐ Plan to rent/purchase
- ☐ Do not have

17. **Sleeping Bag** (Appropriate for expected temperatures, lightweight) 


- ☐ Own and will bring (Specify temperature rating: _____ °F/°C)
- ☐ Plan to rent/purchase
- ☐ Do not have

18. **Sleeping Pad** (Insulated, lightweight) 

- ☐ Own and will bring
- ☐ Plan to rent/purchase
- ☐ Do not have





19. **Trowel (Poop Shovel)** (For digging catholes to bury waste) 

- ☐ Own and will bring
- ☐ Plan to rent/purchase
- ☐ Do not have

20. **Water Purification System** (e.g., filter, purifier tablets, or UV purifier) 

- ☐ Own and will bring (Specify type: _____)
- ☐ Plan to rent/purchase
- ☐ Do not have

21. **Other Essential Gear** (Check all that you own and will bring):

- ☐ Trekking poles 
- ☐ Headlamp (with extra batteries) 
- ☐ First aid kit 
- ☐ Multi-tool or knife 

- [] Lightweight stove and fuel 🔥
- [] Weather-appropriate clothing (e.g., moisture-wicking layers, rain gear, warm layers) 🧥

Section 5: Additional Information ⓘ

22. Do you have any dietary restrictions or food allergies? 🍽️

- Yes (Please specify: _____)
- No

23. Are you comfortable with Leave No Trace principles (e.g., packing out all trash, minimizing environmental impact)? 🌿

- Yes
- No (Please explain: _____)

24. Any additional comments or concerns about the trip? ❓

Submission Instructions 📄

Please return this completed questionnaire at least two weeks before the trip. If you have any questions or need recommendations for gear, feel free to contact us!