**ACCVI Summer Camp Questionnaire for new or unknown registrants**

The ACCVI Summer Camp Committee will do their best to ensure the safety and enjoyment of all participants at Summer Camp in an isolated, rugged and potentially arduous mountaineering camp environment.

The Club encourages keen and reasonably fit individuals, even those with limited experience, to apply to attend a Summer Camp because introducing people to the mountains and mentoring them is a fundamental tenet of the Alpine Club. Self-awareness, self-care, physical fitness and some backcountry experience are essential prerequisites to attending camp. The safety and enjoyment of each participant depends on the safety and enjoyment of others at Summer Camp.

All applicants should read the ACCVI Summer Camp Information Guide 2025 thoroughly to understand day-to-day operation of the base camp.

When registration for Summer Camp from an individual who is not known to the Summer Camp Committee is received it is our practice to solicit fitness and experience information from that individual. The Summer Camp Committee will review the information received, may follow up and have a discussion with that individual, and if it is determined by the Camp Committee that an applicant may not be suited to a rugged mountaineering camp, refuse to register that applicant for Camp.

You have been asked to provide information to the Summer Camp Committee because no one on the Committee is familiar with you. Please provide us with the following information.

**YOUR EXPERIENCE:**

1. Please BRIEFLY describe your three most challenging mountain trips in the **last 5 years.**
* Consider descriptors such as length or duration, type of terrain, type of activities (e.g., non-technical hiking, route finding, river crossing, rock scrambling, rock climbing to peak), objectives achieved, base camp or daily relocation, solo journey, guided, etc.

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| --- | --- | --- |
| LOCATION | YEAR  | DESCRIPTION /COMMENTS |
|  |  |  |
|  |  |  |
|  |  |  |

1. If you are unable to answer Question #1 fully, briefly describe any mountaineering and/or backcountry experiences that you have had.
2. Please list the names and contact data of three **recent** trip leaders that we may contact for reference (please give trip date and destination).
* If all your experience is solo, or with no official leader, please provide a reference who can speak to your experience in the activities we are asking about. It is most helpful if the leader or friend is familiar with the ACCVI Summer Camp.
* 1:
* 2:
* 3:

**YOUR PHYSICAL FITNESS:**

In the next two questions, consider factors like: aerobic fitness; muscular strength and endurance.

* Consider: low level of activity (up to an hour a week); moderately active (several hours per week in various activities); highly active (training more days than not).
1. How much and what kinds of physical activity do you do on a weekly basis?
2. How would you describe your fitness level in the following situations? (1-poor, 5-excellent).

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| --- | --- | --- |
| **MOUNTAINEERING ACTIVITIES** | **FITNESS LEVEL** | **COMMENTS** |
| Hiking uphill |  |  |
| Hiking off-trail |  |  |
| Long hours of activity, long days (10+ hours) |  |  |
| Overall level of fitness? |  |  |

6) Additional information you would like us to know?