

SumMAT Camp
PetraCliffs Climbing Center
105 Briggs Street
Burlington, Vermont 05401

Dear Summer Campers and Parents,

Get excited... SumMAT Camp's overnight expeditions are just around the corner! Our expeditions combine exciting physical activity, relaxing camp-outs, open-minded participants, and knowledgeable leaders. All of our leaders are highly experienced, and they are – at the minimum – Wilderness First Responder (WFR) certified. Our expeditions are certain to be incredible adventures.

This letter is a check-list to help make sure you're ready!

- Attached to this letter is the trip's tentative itinerary. Please note: factors such as the weather can cause activities and locations to change. Be prepared every day for cold temperatures, rainy weather, sunny weather, *and* swimming!
- Attached to this letter is an equipment list. Please bring everything on the list. If you decide to bring items that aren't on the list, please make sure they are appropriate. Lighters, knives, radios, electronic games, and walkmen are not allowed. We do have certain items available for rent. If you are interested in renting sleeping pads (\$15), sleeping bags (\$15), or a backpack (\$25), please contact Mark at 657-3872. Prices are for the whole week. Equipment rentals are subject to availability.
- Paperwork. Please return this paperwork prior to the first day of camp. The forms are:
 - Participation Agreement (to be signed by parent and participant)
 - Health Form (to be signed by parent and physician)
 - Picker Uppers and Medication Administration
 - Release form (to be signed by parent)
- Payment. Please settle your balance prior to the first day. Note: Please make checks payable to PetraCliffs.

If you have questions, please call me at 802-657-3872 or email me at mark@petracliffs.com.

Again, thank you for your participation in SumMAT Camp. Get ready for an awesome week of summer adventure!

Yours truly,

Mark Aiken
SumMAT Camp Director

SUMMAT CAMP EXPEDITION GEAR LIST

Please follow this list to the letter! All expeditions begin with our famous “pack explosion” at PetraCliffs where we make sure everyone starts with the right gear.

For all expeditions:

- Shell top and pants (breathable, waterproof)
- 1 Pair of sturdy walking close-toed shoes
- 1 Pair water shoes (**no sandals**)
- 4 Pairs of socks (at least 1 pair wool)
- 2 Pairs of shorts
- 1 Pair of pants
- 1 Pair of **synthetic** long underwear (tops and bottoms)
- 1 Swimsuit
- 3 T-shirts
- 1-2 Warm pullovers (fleece, wool-**not cotton**)
- Warm hat, and gloves
- Wind jacket
- Sunhat and sunglasses
- Sunscreen (15 SPF)+ bug spray (no DEET!)
- 2 1-Quart Water Bottles (Nalgene recommended)
- Personal toiletries
- Mess Kit (Bowl, spoon/fork, mug)
- Towel
- Camp chair (optional)
- Headlamp w/ extra batteries (Petzl “Micro” recommended)
- “Car clothes” to be left at Petra Cliffs for changing into upon return.
- Day Pack (for day hikes and carrying stuff to the crag)
- Sleeping Bag
- Sleeping Pad
- Backpack (**greater than** 4000 cubic inches)
- Camera and journal (optional)
- 1 Pair of leather hiking boots-please break them in first!
- Quick dry nylon shorts and shirt

Reminder:

DON'T bring the following:

- Open-toed sandals
- Knives (except eating utensils)
- Lighters & matches
- Cotton T-shirts
- Ipods & walkmen (a CD or two for the van is okay!)

Notes:

When wet, cotton can be dangerous and rob the body of valuable heat. Avoid cotton clothing whenever possible for all outdoor activities. There are many affordable synthetic cotton-alternatives for T-shirts, pants and warm layers.

All rock climbing equipment is provided, but we encourage you to bring your own stuff if you choose!

Although it is summer, weather in the mountains and near the ocean can be fickle. Be prepared to dress for the conditions. If it is cold, make sure you have the proper clothing to wear layers that can be put on or taken off, as activity requires. But remember, for most of the expeditions, you will be carrying what you pack on your back!

If “Caving” is listed on your trip itinerary, be aware that your clothes for this activity will get extraordinarily dirty! Pack accordingly (i.e. bring your WORST clothes!). Also, pack \$1 garden-variety thin gloves (you’ll thank us!)

Petra Cliffs SumMAT Expeditions Participation Agreement for Campers and Parents

_____(initial) I understand that there are two points of importance on a Petra Cliffs overnight expedition. IN ORDER OF IMPORTANCE, the points are:

1. Safety and Health
2. Fun

_____(initial) I understand that the staff and participants on my expedition will be keeping these points in mind AT ALL TIMES throughout the trip. I understand that any actions by me that jeopardize the safety and health of myself, other participants, or Petra Cliffs staff will be dealt with by sending me home without refund. *I further understand that my parents or someone appointed by my parents are responsible for picking me up no matter what the location.*

_____(initial) I will not bring lighters, matches, or any other type of lighting device, including fireworks and the like.

_____(initial) I will not bring knives, other than eating utensils.

_____(initial) I understand that any actions by me that jeopardize the experience of another participant or the overall harmony of the group will be dealt with in two steps:

1. The staff will talk to me about it.
2. If the behavior persists, I will be sent home without refund. *I further understand that my parents or someone appointed by my parents are responsible for picking me up no matter what the location.*

_____(initial) I accept that this expedition may challenge some of my physical abilities and I am prepared to face these challenges with a positive attitude.

By signing this participation agreement, I agree to do my best, encourage others, have a sense of humor, and enjoy one week of awesome activities in amazing locations.

By signing this agreement, I am ready to participate in Petra Cliffs' adventure expedition!

Participant Signature _____

Date _____

Parent Signature _____

Date _____

HEALTH FORM

Section 1. To be completed by Parent or Guardian.

Camper Name: _____ Program and Date: _____

Emergency Contact Name: _____ Phone Number: _____

Age: _____ Height: _____ Doctor's Name: _____ Phone: _____

Please note any dietary restrictions:

Please describe participant's level of physical fitness, outlining daily amount of exercise.

Section 2. To be completed by Physician.

The above participant plans to engage in a physically rigorous outdoor sports program which may include, but is not limited to, walking distances, climbing, swimming, and carrying a pack in a wilderness care context (i.e. over an hour from advanced medical care).

Date of most recent physical examination: _____ (must be within past 24 months)

The camper is currently taking the following medications:

Current medical treatment at the time of this report includes:

The camper has been hospitalized in the past for the following reasons:

Known allergies:

Description of any limitations or restrictions on program activities:

Please include additional information for program staff (use another sheet if necessary)

Please include Immunization Record including date of last Tetanus Shot.

Signature of licensed medical personnel: _____ Date: _____

Printed Name: _____ Title: _____

Address and Phone Number: _____

Picker Uppers and Medication Administration

Section 1. Designated Picker-Upper Form

In order to ensure the safety of your child, SumMAT Camp Staff will only release your child to the people you list below. Please include yourself and anyone else who is authorized to pick up your child.

I, _____, authorize the following people to

Pick up _____
Please print camper's name

_____ Relationship: _____

_____ Relationship: _____

_____ Relationship: _____

_____ Relationship: _____

Section 2. Medication Release Form

Our leaders carry the following medications in our First Aid kits to be used with parental permission if needed.

I, _____ authorize SumMAT Camp Leaders
Parent/guardian name

to administer the following medications or their generic equivalents to my child:

Child's Name

Please circle:

Tylenol (acetamenophine) Advil (ibuprofen)

Benedryl (for allergic reactions only!)

Other*: _____

Signed: _____ Date: _____

Please note that we must have **written instructions for any prescription drugs that we administer.*

INDIVIDUAL RELEASE AND HOLD-HARMLESS AGREEMENT

CAMPBELL ANDERSON HOLDINGS, LLC

D/B/A PETRA CLIFFS CLIMBING CENTER AND PETRA CLIFFS MOUNTAINEERING SCHOOL

I. Introduction

Indoor adventure-based activities at Petra Cliffs Climbing Center and outdoor adventure-based activities at Petra Cliffs Mountaineering School are exciting, challenging and physically demanding. Our instructors are trained to supervise these activities in a safe manner by both veteran instructors from Campbell Anderson Holdings, LLC and other accredited training programs.

II. Acknowledgment of Inherent Risks

While the staff and student leaders aim to provide me with a safe and enjoyable experience, I realize that there is a certain degree of personal injury risk inherent in these adventurous activities when I participate. Although I will be instructed in safe practices in these activities, there are additional and unpredictable hazards relating to outdoor adventure-based activities that cannot be anticipated, including falling rocks, varying weather conditions (including but not limited to severe heat or extreme cold) and changing water conditions.

III. Assumption of Risk and My Responsibility

Knowing the physical risks inherent in these activities, I understand that I must assume responsibility for my own safety and the safety of other group members. This responsibility requires that I obey all rules and guidelines at all times and ask questions if I do not understand instructions given by instructors, staff and student leaders. Further, I agree to pay attention to the condition of the equipment I may use (including but not limited to ropes, anchors, climbing equipment, canoes, kayaks and Personal Flotation Devices) and immediately report to an instructor any perceived defect in the equipment.

IV. Release and Hold-Harmless

In consideration of the services and equipment provided to me, I, for myself and/or any minor child for which I am a parent or legal guardian or otherwise responsible, do hereby release, hold-harmless and waive all claims associated with the activities to which I will engage at Petra Cliffs Climbing Center and/or Petra Cliffs Mountaineering School (collectively "Petra Cliffs"), releasing Campbell Anderson Holding, LLC, its members, directors, agents, assigns, employees and volunteers from any and all liability, personal injury or property claim for myself, my heirs, personal representatives or assigns.

V. Authorization

I hereby authorize any medical treatment deemed necessary in the event of an injury while participating in any Petra Cliffs' activity. I agree that any film or photographs of myself as a participant may become the property of Petra Cliffs and may be used for promotional purposes.

Name of Participant: _____

Signature (if 18 or over): _____ Date: _____

If participant is under 18 years of age, a parent or guardian must sign this release.

Name of Parent/Guardian (please print): _____

Parent/Guardian Signature: _____ Date: _____