

BABES IN THE BACKCOUNTRY

Babes Info Sheet: Backcountry Workshops

Name: _____ Name you prefer to be called: _____

Cell phone: _____ Email: _____

Course and Date: _____

How did you hear about the Babes in the Backcountry? _____

How did you hear about this specific course? _____

Are you a Babes Alumna? _____

- Dietary Concerns: _____
- Major Health Concerns: _____
- Are you on any medications: _____
- Any past injuries: _____
- Do you have health insurance? _____
- DOB/Age: _____

What are you hoping to get out of this workshop/Trip? *For example....Yoga, backcountry skiing, skiing skills, avalanche skills, friends, relax, backcountry knowledge, meet new Babes.* _____

Any concerns about the Workshop/Trip? _____

Please tell us about your skiing/riding ability: _____

Please tell us about your backcountry experience and/or education:

For the Workshop, I will be using: Please specify the brand and style

- Telemark skis: _____
- Alpine Touring skis: _____
- Split board: _____
- Snow shoes: _____

Demo Gear I will need for the weekend. Demo Equipment is based on ability/sizes.

Additional equipment can be rented at discount at several retail locations in the area.

- Avalanche Beacon: _____
- Avalanche Shovel: _____
- Avalanche Probe Pole: _____
- Adjustable Ski Poles: _____
- Backpack: _____ (height _____)
- Telemark Skis/Skins: (height _____ weight _____ Shoe size _____)
- Telemark Boots: (Shoe size _____)
- Split board: (Height _____ Weight _____ Shoe size _____)
- Alpine touring skis/Skins: (Height _____ Weight _____ Shoe size _____)
- Alpine touring boots: (Shoe size _____)
- Snow shoes: (Shoe size _____)