**Keystone Trails Association Hiking Trip**

**Wales Coast Path**

**August 15-26, 2023**

**September 26-October 7, 2023**

**TRIP APPLICATION**

Welcome! We're glad you have decided to join us for a great adventure. Before filling out this form, we recommend that you contact us to discuss your trip to make sure that it is a good match for your goals, health and prior experience.

Each member of your party should fill out this form in its entirety. Please return the forms to KTA with a deposit of $1000 to confirm your spot on the trip. We will confirm receipt of your payment and forms by email or mail. The balance ($2895 double occupancy, $3695 single occupancy) is due 60 days before departure. Reservations made less than 60 days in advance should be accompanied by full payment.

**Preferred Trip**:

□ August 15-26

□ September 26 – October 7

**A. PARTICIPANT INFORMATION (PLEASE PRINT)**

Full Name as on Passport\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Birth\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Passport #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Passport Expiration Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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City\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State\_\_\_\_\_\_\_\_\_\_ Country\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Zip \_\_\_\_\_\_\_\_\_\_

Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Cell\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact Person \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Relationship\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cell\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Accommodations Desired:

□ Double Occupancy: Name of room mate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

□ Double Occupancy: I would like to be assigned a room mate

□ Single Occupancy: Extra cost ($800), depends on availability

*KTA Trip Application, p. 2*

**B. EXPERIENCE AND GOALS**

The information below will help us plan an itinerary that best fits your abilities and goals. Feel free to contact us with any questions you may have. In many cases, the guide leading your trip will contact you directly prior to your adventure.

What hiking experience do you have? Please specify region and difficulty of terrain.

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What is a typical hike for you? \_\_\_\_\_\_\_miles; \_\_\_\_\_\_\_hours

How often do you hike? \_\_\_\_\_\_\_\_\_\_/month

Are you capable of hiking up to 10 miles per day, 4-6 hours per day on hilly terrain for 5 consecutive

days, sometimes in the rain? \_\_\_\_\_\_\_\_\_\_

Have you ever been a participant on a guided trip before? 🞏 Yes 🞏 No

What are your goals and expectations for this trip? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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What inspired you to sign up on this trip with us? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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How did you find out about us (please be as specific as possible)? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**C. MEDICAL INFORMATION**

Accurate, current medical information must be on file for your protection in order to participate in the program. For your protection, please inform us of any limitations which could affect your performance and well-being during your adventure. Please consult your physician before you travel. This information is part of your file, is confidential and gives us the necessary information should we need to provide it to medical personnel. Complete all of the following questions. If changes occur later please let us know before your trip begins.

Name of Insurance Company: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_State: \_\_\_\_\_\_\_ Policy No.: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your Doctor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Telephone Number(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Your Medical History**

1. Do you have any of the following conditions?

Yes No

Heart or Cardiovascular Disease 🞏 🞏

High Blood Pressure 🞏 🞏

Diabetes 🞏 🞏

Seizure Disorder or Epilepsy 🞏 🞏

Anaphylaxis 🞏 🞏

Asthma or other respiratory problems 🞏 🞏

2. If you answered “Yes” to any of the above questions, please describe in detail the nature and circumstances of your condition and the date of your last attack or episode.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. List any prescribed medications you are currently taking and the condition for which you are taking it.

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4. If you have asthma, do you use a Metered Dose Inhaler (MDI)? 🞏 Yes 🞏 No

5. List any allergies:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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6. During the past 5 years have you had any major accidents or illnesses? 🞏 Yes 🞏 No

If Yes, describe:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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7. Have you ever experienced back problems? 🞏 Yes 🞏 No If yes, describe:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8. Have you ever had knee, ankle, shoulder or other joint problems? 🞏 Yes 🞏 No

If Yes, describe:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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9. Have you ever broken a bone? 🞏 Yes 🞏 No If yes, describe:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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10. Do you have any physical or medical conditions that might restrict your full participation in this trip?

🞏 Yes 🞏 No If yes, describe:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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11. Do you wear... 🞏 prescription glasses? 🞏 contact lenses?

12. We are able to accommodate most dietary restrictions. Please specify your needs if applicable: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**D. CANCELLATION POLICY**

If written notice of cancellation is received 60 days or more prior to departure of the trip, a full refund of your payment less 10% cancellation fee will be made. If you cancel less than 60 days prior to departure of the trip, there is no refund. If you think there is any chance you might cancel your reservation, the purchase of trip cancellation insurance is highly recommended. We recommend this website to help you select the correct insurance for your trip: www.insuremytrip.com. This cancellation policy covers any and all reasons for canceling participation in the expedition, including accidents, illness, weather, and acts of nature. No refunds will be given due to bad weather prior or during our trip. In the unlikely event that Keystone Trails Association must cancel this trip, you will receive a full refund.

I have read the current application procedure and cancellation policy above and agree to the conditions:

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**E. LIABILITY RELEASE**

I understand that the trip requires participation in outdoor and indoor activities which are physically and mentally demanding. The itinerary involves personal risk and danger inherent with the environment and activity. Participants must be free of medical or physical conditions which might create undue risk to themselves or to others who depend on them. I accept full and legal responsibility for notifying Keystone Trails Association in advance of any conditions or limitations which might affect my ability to fully participate in the program.

By signing this form I certify that I **(a)**  have read and understand the nature of the activities, rules and regulations pertaining to the trip, and assume the risk thereof, **(b)** have noted on this medical form any physical or medical conditions which could affect my performance and well-being during the trip, **(c)** release Keystone Trails Association and any and all individuals involved in or assisting with these activities from monetary claims, **(d)** authorize KTA personnel, in the event of personal injury or illness, to make all medical, hospital and surgical procedures/decisions on my behalf. Facsimile copy of this form is valid as an original.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_

Printed Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Please send completed trip application and $1000.00 deposit (check payable to *Keystone Trails Association*) to:**

Keystone Trails Association

46 E. Main Street

Mechanicsburg PA 17055

If paying by credit card, visit www.kta-hike.org/WalesCoastPath

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**Thank you!**