



*2015 Summer Visit:  
Glacier Trek, River Raft, Kayak, Hike and More...*



## 2015 Summer Visit Trip Description

The *Summer Visit* is designed to introduce prospective APU students to some of the exciting outdoor adventures we have in the surrounding area and get a feel for what living or going to school here might be like. This just a sample of what you can expect if you go to APU. It is a participatory trip, meaning students and leaders will work together as a group to set up camp, cook, clean, find water, and live lightly on the land. We will be a small group allowing for flexibility for any special interests of any individual.

In the itinerary below please explore the links we have provided for more details.

### **Evening Glacier Trekking – Matanuska Glacier** (June 2nd) Tuesday

We will leave campus and head straight to the head waters of the river we plan to raft... the mighty Matanuska Glacier. After we set up camp we will go for a walk on the ice. See pictures below

More info: <http://www.matanuska-glacier.com/>

### **Matanuska River Rafting** (June 3-4) Wed.– Thur.

Embark on a peaceful, scenic rafting overnight camping trip with some sections of easy rapids that take you down the glacier-fed Matanuska River. We will travel through the stunning Chugach mountains downstream to the town of Chickaloon. In addition to the sweeping, picture-postcard-perfect views of the mountains, the lush and remote portion of the Matanuska River reveals a treasure trove of untouched wilderness. We will overnight and camp around a big beach fire.

### **APU's Spring Creek Farm in Palmer, AK.** June 4-5 Thurs—Fri.

After we finish up rafting on the river we will head to the huge rural Spring Creek Farm, a satellite campus for APU. We will take a tour and learn about the sustainability courses and outdoor education programs APU offers at the farm. That evening we will have Pizza on their outside wood fired oven and stay in huge Yurt. There is ample hiking and Frisbee golf in the area to keep us busy.

More info: <http://www.springcreekfarmak.org/>



## Trip Schedule...continued

### **KAYAKING ON EKLUTNA LAKE** June 5 Friday

Spend the day kayaking on the aqua blue glacier fed Eklutna Lake. After the paddling we will head back to APU campus. There we will stay at the student housing for the evening. Dinner will be at one of Anchorage's fine dining establishments. This evening will be a welcome rest from camping and all the outdoor adventures.

EKLUTNA LAKE - <http://www.lifetimeadventures.net/eklutnaTrips.php>

### **NATIONAL SCENIC BYWAY—SEWARD HIGHWAY TOUR** June 6 Saturday

Traveling south of Anchorage we will visit some of the top local attractions: Wildlife, Glaciers and the Alyeska Tram at Alaska's premier ski resort. For more details check out these links below.

ALASKA WILD LIFE CONSERVATION CENTER

<http://www.alaskawildlife.org/>

ALYESKA RESORT

<http://www.alyeskaresort.com/>

PORTAGE GLACIER VALLEY

<http://www.fs.usda.gov/detail/chugach/home/?id=stelprdb5251094>

### **FLAT TOP HIKE & THE MUSEUM OF HISTORY AND ART** June 7 Sunday

Flat top mountain is a moderate hike and the most popular mountain to climb in Alaska. On clear days you can see north America's tallest peak Mount McKinley or Denali as the locals refer to it. We will also visit the Anchorage Museum for some outstanding exhibits on Alaska's rich history and native peoples.

**TOUR OF APU CAMPUS....** At some point there will be ample opportunity to take an in-depth tour of campus while on the summer visit. We are keeping the time flexible so that we can allow for the faculty and staff to have a chance to be available for prospective students if possible.



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# APU Summer Visit Gear List

## What You'll Need for the Summer Visit

Maybe you have some outdoor experience and plan on bringing your gear to school. Maybe you've never been camping. Either way, we'll make sure you have what you need to enjoy this experience—and nothing you need to bring is exotic or expensive.

If you're an Alaskan, or coming from a state with cold winters, you probably have most of what you'll need. APU will provide all the camping and float gear, so all you need to consider is your personal gear, primarily clothing appropriate for the outdoors.

## APU will have available these items (at no cost to you):

- sleeping bags and pads
- life jackets
- dry bags for packing gear
- We will also supply all the group gear: tents, cooking, boats, first aid kits, etc.

## The Basics for Personal Gear:

Please do not bring cotton clothing. Synthetic or wool layers work best to keep you warm and dry. If you need to buy any of these items, we suggest you try to save money and shop early or take advantage of any sales either online or at your local outdoor retailer. These items do NOT need to be name brand or too expensive.

### Footwear

- 3 pairs of Socks - thick wool or synthetic
- Hiking Boots or Sneakers that fit with the thick socks
- Rubber boots- Knee high (APU can provide if necessary)

### Upper Body (Insulating layers)

- Light Weight top- long sleeve
- Mid. Weight top - sweater
- Warm fleece, synthetic or down fill jacket
- Windbreaker or wind shell jacket

### Lower Body (Insulating layers)

- Light weight long underwear
- Thick weight long underwear/pants
- Boxers, briefs, bikinis or bloomers (cotton is acceptable)

### Head

- Baseball cap
- Warm wool or fleece hat
- Sunglasses
- Small headlamp or flashlight

### Hands

- Warm fleece or wool s gloves
- Light weight liner glove (optional)
- Notebook/pens/mechanical pencils
- A small backpack

### Other

- Personal water bottle
- Basic toiletries: hairbrush, toothbrush, lip balm, etc.
- Bandanna/handkerchief
- Camera, binoculars (optional)
- Sunglasses
- Personal medications: Rx, contact solution, ibuprofen, etc.

## Things to consider...

**It is essential that you are properly outfitted to stay safe. If your clothing/ equipment is not adequate we will ask you to purchase it before departure. PLEASE do not hesitate to contact us if you have any questions.**

**Weather:** June in Alaska can be warm (70 F) and sunny, but temperatures often dip down to 30Fdegrees and it can rain for weeks on end. We have placed an order for warm, sunny weather, but it is very important that you have the proper clothing for all these types of conditions.

**Gear Storage Space:** Please keep in mind there will be a limited amount of space in your camping bags for personal items, so try not to bring additional items that are not mentioned. Anything you don't want to take camping can be stored in a safe location on campus.

*\*In addition we encourage you to leave all electronic devices behind on the river. As with all APU trips, firearms, recreational drugs, tobacco use and alcohol are prohibited.*



# Trip Questionnaire

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

Permanent address: \_\_\_\_\_

Phone number: \_\_\_\_\_ Cell or other: \_\_\_\_\_

Email: \_\_\_\_\_

Height: \_\_\_\_\_ T-shirt size: \_\_\_\_\_

Weight: \_\_\_\_\_ Shoe size: \_\_\_\_\_

Age: \_\_\_\_\_

\* **ALL** information is required

## Please check the level of physical fitness that best describes you:

- Extremely active:** very fit, intense aerobic and anaerobic workout 1-2 hrs several times a week, intense exercise from school/work/recreationally
- Active:** work out once a week and get exercise from moderate activities in school/work/recreationally
- Moderately active:** get physical exercise from work/school or moderate recreational activities
- Less active:** occasionally go for walks or do light exercise

## Please check the amount of outdoor experience that best describes you:

- Extensive** - have extensive outdoor experience. Have been doing multi-day outdoor trips for several years
- Some** - have been on several multi-day back-country trips, proficient camping skills
- Minimal** - have been car camping, hiking or paddling
- None** - enjoy non-outdoorsy activities

## QUESTIONS

What is the hardest thing you have ever done? \_\_\_\_\_

What was your most rewarding outdoor experience, and why? \_\_\_\_\_

What are you most unsure of or apprehensive about regarding the EH Wilderness Experience?

Do you have any food allergies or dietary restrictions\*? \_\_\_\_\_

How many cups of coffee do you drink a day? \_\_\_\_\_

\* Please note that we will try to accommodate any dietary preferences you may have, but if you are vegan or have allergies to common foods, you should plan on bringing some of your own snack foods on the trip.

# Health Form

Please Print & Complete All Sections

Full Name: \_\_\_\_\_

**Medical Insurance Information: (Major Medical Coverage is REQUIRED)**

Insurance Company Name: \_\_\_\_\_

Policy Number: \_\_\_\_\_

Please indicate below if you have one or more of the following conditions:

High Blood Pressure	Yes	No	Allergies	Yes	No
High Cholesterol Level	Yes	No	Arthritis	Yes	No
Diabetes	Yes	No	Heart Murmurs	Yes	No
Epilepsy	Yes	No	Lung Disease	Yes	No
Pregnant	Yes	No	Shortness of Breath	Yes	No
Smoke Tobacco	Yes	No	Hernia	Yes	No
Asthma	Yes	No	Back Problems	Yes	No
Recent surgery	Yes	No	Joint Problems	Yes	No
Hearing Problems	Yes	No	Vision Problems	Yes	No

Are you returning to exercise after an extended period of time: Yes No

For all "Yes" answers above, please describe/explain the condition(s) below:

Please list any other health-related conditions you may have:

List all prescription and/or over-the-counter drugs you are presently taking and the purpose for which you are taking them, as well as any significant side effects:

*(please bring a 2nd set with you)*

List any medications you are allergic to:

Emergency Contact Person: \_\_\_\_\_ Relationship: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

2nd Contact Person: \_\_\_\_\_ Relationship: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

*This information will be shared with the instructors on your trip. A copy of this information will be taken into the field. In the event of an emergency, this information may be given to a 3rd party providing you with medical care. Please consult with a doctor if you are unsure whether your current level of health is adequate for this trip.*

**Alaska Pacific University**  
**PARTICIPANT AGREEMENT: RELEASE OF LIABILITY, ACKNOWLEDGEMENT AND ASSUMPTION OF RISKS**  
**FOR OUTDOOR RECREATIONAL PROGRAMS**

**PLEASE READ THIS TWO-PAGE DOCUMENT CAREFULLY AND SIGN WHERE INDICATED BELOW.**

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

Program: Summer Visit Rafting, kayaking and hiking trip

Program Dates: June 2-7 2015

In consideration of the services of Alaska Pacific University, its agents, employees, trustees, and officers (hereinafter "APU"), and being permitted to participate in the above program for educational/recreational purposes I acknowledge and agree as follows:

1. Activities The activities of the program for which I am to participate in have risks, including risks that cannot be eliminated without destroying the unique character of the activities. The following are some, but not all of the activities you may experience if participating in an outdoor recreational activity: sea kayaking; rock climbing; swimming; mountaineering; hiking; tree climbing; snorkeling; free diving; compressed air diving; skiing; snowshoeing; pack rafting; hot spring soaks; ice climbing; fishing; river kayaking; rafting; travel by automobile, boat, plane, and/or animal; wildlife viewing; travel on off-trail uneven terrain; loading and unloading gear; river crossings; and exploration of urban and/or remote areas of foreign countries.

2. Description of Potential Risks APU does not want to reduce your enthusiasm for these activities, but it is important to know in advance what to expect and to be informed of the potential risks, both inherent and otherwise, associated with these activities. The enjoyment and excitement of the program is derived in part from the risks of these activities. The same elements that contribute to the unique character of the activities can cause loss, injury, illness, disability, or death. Some, but not all of the possible risks, include: drowning; prolonged exposure to cold water; being struck by or falling against a rock or sharp object; slippery surfaces; intense cold, heat, sun, snow, rain, fog, and wind; student/instructor misjudgment; crevasses; contact with poisonous insects and wild animals; negative reaction from air or waterborne bacteria or virus; delayed communication or inability to communicate due to remote or foreign settings; hypothermia; accidents due to alcohol and drug use; prolonged delay in medical assistance or ineffective medical treatment due to remote or foreign settings; transportation/equipment failure; vehicle/transportation collision and accidents; risks associated with foreign countries and travel; forces of nature such as rock falls, avalanches, ice falls, and flash floods; exposure to animals, diseases and infections not common to the United States; dangerous road, plane, train, boat, animal or automobile travel; political unrest; riot, demonstrations, and thievery; acts of terrorism; and civil unrest.

Some APU programs may require decisions made by instructors and/or students, and may include student-led outings without instructors. The nature of these activities allow for a variety of perceptions and evaluations, which by their nature are subject to risks and reasonable errors in judgment.

Some APU program outings allow for student operated vehicles, boats, and other methods of transportation. Although students operating such means of transportation are required to undergo training and to abide by certain University policies, the attendant risks include the student's capabilities, environment, terrain, and weather.

Some APU programs also allow for unsupervised free time. Free time activities are not part of the APU program and are at the sole risk of the student/participant. Free time activities include consumption of alcohol for persons of legal age, and APU has no responsibility for such activities. APU staff and employees may provide assistance or even accompany students/participants in these free time activities, but in doing so, they are acting in their own individual capacity and not at the direction or on behalf of APU.

3. Voluntary Assumption of Risks The description of activities and attendant risks noted above is not complete and other unknown or unanticipated risks may result in loss, injury, illness, disability or death. I agree to assume the risks of the activities of the program, inherent and otherwise. I agree to assume responsibility for the risks identified above and those risks not specifically mentioned. My participation in the program is purely voluntary; no one is forcing me to participate and I elect to participate in spite of and with knowledge of the risks.

4. Ability to Participate and Agreement to Follow Instructions I certify that I am physically and mentally able to participate in the program. I understand that APU reserves the right to refuse my participation if it appears that I am incapable of meeting the rigors and requirements of the activities, or if it determines that my participation poses a danger to myself and/or others. I further agree to abide by all instructions of APU staff and instructors, and all applicable rules and regulations of the University, and the laws of the governmental jurisdictions at the place or places of program offering. I agree to indemnify and hold harmless APU from all claims or losses resulting from the failure to abide by such instructions, rules and laws.

5. Independent Contractors and Third Parties APU sometimes employs independent contractors for services including, but not limited to, transportation, educational instruction, and lodging. APU does not retain control over these contractors and is not liable for any acts, negligent or willful, or failure to act of any such contractors.

6. Insurance and Authorization for Medical Treatment I understand that APU does not provide health, liability, property or other insurance for me. I understand that APU is not responsible for any medical expenses incurred by me while participating in the program. I understand that I should obtain medical insurance coverage or other appropriate insurance for the term of my participation in the program. I un-

derstand that APU is not responsible for my health, safety, or well-being during the program. If I become ill or incapacitated, APU may take any action deemed necessary for my safety and well-being, including securing medical treatment, at my own expense and transporting me home at my own expense.

7. Binding Indemnification I agree that this Agreement shall be legally binding upon me personally, all members of my family and all minors on whose behalf I am signing, my and their heirs, successors, assigns, and legal representatives. I further agree to defend, hold harmless and indemnify APU from any claim, liability, loss, damages or expenses resulting from a claim brought by a fellow participant/student, rescuer, or any other person for loss, injury, illness, disability or death caused by my conduct.

8. Mediation/Arbitration and Venue I agree that if any dispute arising from or relating to my participation in the program cannot be resolved through informal discussions between the parties, I will attempt to settle the dispute through mediation before a mutually acceptable mediator in the state of Alaska. To the extent mediation does not result in a resolution, I agree to arbitrate the matter before a mutually agreeable arbitrator in the state of Alaska. I further agree to pay all costs and attorneys fees incurred by APU in defending a claim or suit, if the claim or suit is withdrawn or to the extent a court or arbitrator determines that APU is not responsible for the loss. I agree that any dispute between APU and my parents/guardian and or me shall be governed by the substantive laws of the state of Alaska, and shall be resolved exclusively in the Third Judicial District of the state of Alaska.

9. Release of Liability I acknowledge having read and understood this Participant Agreement: Release of Liability, Acknowledgement and Assumption of Risks. I agree and assume all risks of the program, whether those risks are known or unknown, inherent or otherwise. I AGREE TO RELEASE AND DISCHARGE APU FROM ALL CLAIMS, LIABILITIES, AND LOSSES AS STATED BY OR ON BEHALF OF ME IN ANY WAY ARISING FROM OR RELATED TO MY PARTICIPATION IN THE APU PROGRAM NOTED ABOVE (including transportation and occurrences to and from the activity or the use of APU equipment or facilities). THIS RELEASE INCLUDES LOSS, INJURY, ILLNESS, DISABILITY OR DEATH CLAIMED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF APU, PROPERTY DAMAGE, WRONGFUL DEATH, PRODUCTS LIABILITY, BREACH OF CONTRACT OR UNDER ANY OTHER LEGAL THEORY, EXCEPT IN CASES OF THE GROSS NEGLIGENCE OF APU.

10. Severability If any part of this agreement is deemed unenforceable, all other parts shall be given full force and effect.

I HAVE READ THIS PARTICIPANT AGREEMENT AND UNDERSTAND AND AGREE TO THIS RELEASE OF LIABILITY AND ACKNOWLEDGEMENT AND ASSUMPTION OF RISKS.

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

Print Name: \_\_\_\_\_

**PARENT OR GUARDIAN OF A MINOR:**

I, as parent or guardian of the above minor, hereby give my permission for the minor to participate in the APU program noted above. My signature reflects my understanding and agreement for myself and on behalf of the minor to the terms stated in this Participant Agreement. I have explained to the minor the risks and terms stated in this Agreement. I agree to defend, hold harmless, and indemnify APU from any claim and from any liability brought by or on behalf of the minor.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(of Parent or Legal Guardian)

Print Name \_\_\_\_\_