

Mountaineering Club of Alaska Club Sanctioned Trip Sign-up Sheet

TRIP: _____
 Date(s) _____ Classification/Anticipated Terrain: _____
 Leader _____
 Phone _____
 Email _____

Physical Demand: _____ Mandatory Equipment: _____
 Estimated Elevation Gain _____
 Estimated Distance _____
 Estimated Time _____

(Please print neatly)

Name	Phone # and Email	Emergency contact name & phone #
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____
9. _____	_____	_____
10. _____	_____	_____
11. _____	_____	_____
12. _____	_____	_____
13. _____	_____	_____
14. _____	_____	_____

PLEASE NOTE:

The Mountaineering Club of Alaska (MCA) is a volunteer social club. All those involved with the MCA volunteer their time and efforts. Neither the MCA, nor its board, officers or trip leaders, claim to have any expertise or training in outdoor activities. In short, the club is not a guiding service, and the club's officers, board members, and trip leaders are not guides. You must exercise your own judgment about whether to participate in MCA activities, and you must assume all risk in participating in those activities by signing the club's Release of Liability.