



FOUR CORNERS GUIDES, LLC
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Guest Pre-Trip Questionnaire (Bikerafting)

1. Have you been vaccinated for COVID-19? If so, when?

2. Do you smoke cigarettes? If so, how often?

3. Do you have any history of heart problems?

4. Do you have asthma? If so, do you use an inhaler and will you have it with you? Also, do you have other drugs (steroids, etc) that you will be bringing?

5. Do you have any significant allergies that cause anaphylaxis? If so, do you carry an EpiPen and will you have one?

7. What medications are you presently taking?

8. Date of last tetanus shot?

9. Past illness or other information that would be useful in the event that treatment is necessary:

10. Please rank your level of fitness?

- a. Extremely Fit - I ride/run hundreds of miles per week, stretch daily, and take the staircase two steps at a time.
- b. More Fit Than Average, But Not An Olympian - I exercise regularly and can easily bike 50 miles in a day.
- c. Average - I exercise regularly and 50 miles would kick my ass, but I'd love every minute of it!
- d. Infrequently - I try to get exercise a few times per week, but life gets so busy that it's hard sometimes! I'm stoked on shorter trips!
- e. Not Often - I exercise once or twice per month.

11. How are you currently maintaining your fitness? (sports, hours or days per week, etc)

12. What grade of activity level are you interested in for this adventure?

- a. Type III Fun (aka an FCG DOOM Tour) - I want to be totally exhausted and push myself to my extreme -100 miles of backcountry cycling is no big deal. That's why I'm hiring Doom!
- b. Type II Fun - I like to push myself hard, so 50-mile days are no big deal. However, I don't want to collapse at the end of the day or been pain for weeks after the tour.
- c. Type I Fun - I want to challenge myself and am willing to ride or boat all day and get to camp late in the afternoon. However, I also want a great night's rest and some downtime to enjoy camp.
- d. Just Plain Fun - I am interested in riding fewer than 15 miles per day and I want plenty of time to hang out at camp. I'm slowly building up my skill set and stamina so that I can eventually do more difficult tours, but I'm in no hurry!
- e. Other - I'm really inexperienced and I don't know at what level I am, to be totally honest.

13. What level boater are you?

- a. level 0: I've never paddled any craft before.
- b. level 1: I've paddled a ducky once or twice or been on a paddle board.
- c. level 2: I've paddled a ducky or kayak or rowed a boat several times.
- d. level 3: I've paddled a packraft/kakay often, I am comfortable in Class II and light Class III
- e. level 4: I'm a Class IV or higher paddler

14. How resilient to cold water are you?
 - a. Looking at water makes me cold
 - b. I'm a warm weather swimmer
 - c. I'm a motivated swimmer. Rain or shine
 - d. I'm a polar bear

15. How comfortable are you with water?
 - a. I can't swim
 - b. I can swim, but moving water and rivers intimidate me
 - c. I like rivers, but can use some guidance and skills
 - d. Rivers are my second home. Let's go!

16. How much experience do you have canoeing, kayaking or sea kayaking, rafting or packrafting?

17. How much general backcountry experience do you have? I.e. can you set up your own tent, change into the proper clothes when the weather changes, prepare your own food, purify your own water, take care of your own sanitation needs?

18. How much experience do you have riding bicycles?

19. How many miles do you ride each week?

20. Have you mountain biked before? If so, how often do you go?

21. What do you know about Leave No Trace principles?

22. Please list any dietary restrictions or allergies. (*We offer gluten free, vegetarian options and vegan dehydrated food and snacks, but please let us know in advance if you need these items.*)

23. Do you have all the backcountry camping gear you need? (pillow, sleeping bag, sleeping pad, tents). If not, do you need to rent from us?

24. Do you need to rent a bike or bike bags? Bike bags, please

25. How did you hear about us?