



FOUR CORNERS GUIDES, LLC
438 Bauer Ave., Mancos, CO 81328
303-903-2768, fourcornersguides@gmail.com

Guest Pre-Trip Registration Questionnaire (Multi-Day Advanced Packrafting Only)

Once you fill out this questionnaire, we require a phone or Zoom interview to further assess your abilities and to clarify any questions we might have. Once we approve your participation, we will send you an invoice, and you will pay a deposit to hold your spot on the course. Additional Zoom meetings with the entire group are also required for participation in this course.

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?

6. Do you have asthma? Do you use an inhaler or other drugs to control it?

7. What medications are you presently taking?



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8. Date of last tetanus shot? Past illness or other information that would be useful in the event that treatment is necessary.

9. Is there a past illness or other information that we should know about that would be useful in the event that treatment is necessary?

10. Please rank your level of fitness?
 - a. Extremely Fit - I ride/run/paddle 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, walk or paddle 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 - 30 miles of paddling, hiking, whatever... it's no big deal.
 - b. Type II Fun - I like to push myself hard, so 25-mile days on the river are no big deal. However, I don't want to collapse at the end of the day or be in pain for weeks after the course.
 - c. Type I Fun - I want to challenge myself and am willing to 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.



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- d. Just Plain Fun - I am interested in paddling fewer than 10 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, up to Class II at low water.
 - d. Level 3: I've paddled a packraft/kayak often. I am comfortable in up to light Class III.
 - e. Level 4: I'm a Class IV or higher paddler
 - f. Somewhere between level 2 and 3. I've paddled weeks on end, but on flat water.
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 whitewater canoeing, kayaking or packrafting?



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17. Do you have Swiftwater Rescue Training? And are you certified?
18. Do you have a self bailing or decked packraft, a PFD (rescue PFDs preferred, but not necessary), drysuit (a wetsuit is not appropriate), helmet, paddle, neoprene cap and neoprene pogies/gloves, throw rope, whistle and river knife?
19. When stepping up to continuous class III and IV whitewater, quick self-rescue skills are crucial for safety. Are you able to fully self-rescue in flatwater five times in under two minutes? Your ability to self-rescue will factor into your decision-making when considering certain rapids. Paddling fitness often declines over the winter, but many swimming pools let you bring your cleaned packraft in for training.
20. Are you comfortable paddling into and out of eddies in a Class III rapid?
21. Are you confident in Class III rapids?
22. Please identify the six hardest runs you have ever done and at what CFS the rivers were running approximately. If you did a Class III, but it was extremely low water, than it probably was no longer a Class III.
23. Can you participate in a minimum of three group Zoom meetings with all the instructors and participants prior to the course?



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24. 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?

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

26. 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. We cannot accommodate celiacs*)

27. Coffee or tea or both?

28. Cream and/or sugar?

29. 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?

30. How did you hear about us?