

Hike Bear Mountain and Harriman Release of Liability Waiver

Name of Explorer _____

Date _____

Date of Birth _____ Age _____ Sex (M or F)

Address

City/Town _____ State _____ Zip Code

Email _____

(This is for contact information only)

Phone Number _____

Please List All Medications You Are Currently Taking:

Please List All Known Allergies and Medical Conditions:

Have you ever been stung by a bee? YES or NO

If YES, did you have an allergic reaction? YES or NO

If YES to both, you MUST carry an epi-pen with you on your adventure with Bear Mountain and Harriman Hikes.

Do you suffer from ASTHMA? YES or NO

If YES, you MUST carry an inhaler with you on your adventure with Bear Mountain and Harriman Hikes

Can you swim? YES or NO

Emergency Contact Information:

Name: _____ Phone #: _____ Relationship:

Do I have permission to perform First Aid and/or CPR on you if necessary? (YES or NO)

Initial _____

There are a countless number of risks to be considered before entering the wilderness. These risks include, but are not limited to: poison ivy, poison oak, bee stings, broken & sprained bones, dehydration, West Nile Virus, Lyme Disease and death.

It is very important that you listen to your guide and always explore with safety in mind!

Always check yourself for ticks after each hike.

Personal Property

Bear Mountain and Harriman Hikes is not responsible for LOST, DAMAGED or STOLEN personal property. This includes, but is not limited to: Cell phones, cameras, GPS units, binoculars, snowshoes or any other gear. Your personal property includes anything on you, in your pack, or left in a vehicle at the trailhead.

Dogs

Most Bear Mountain and Harriman hikes are dog friendly, but please let your guide know if you would like to bring along your furry friend. We will be able to plan a hike that will be fun for both of you. Also keep in mind when you hike with your dog you will have to bring water and snacks for your companion.

Keeping your dog on its leash is the safest way to explore. Dangers to dogs include, but are not limited to: rattlesnakes, porcupines, skunks, black bears, other dogs and cliffs.

It is always safe practice to check your dog for ticks after hiking.

By signing this document, you agree that all the information you provided is accurate. You are adventuring at your own risk and you agree that Bear Mountain and Harriman Hikes is not responsible for your personal injuries, personal property or the wellbeing of your pet.

Sign: _____

Date: _____

Parent/Guardian (if under 18) _____

Most importantly, have a great time! Enjoy the outdoors responsibly. Bear Mountain and Harriman Hikes is licensed by the state of New York and trained in wilderness first aid and CPR. I love these trails and there is no better way to spend the day then to show them to you.

Your guide: Patricia Livingston (Patty)